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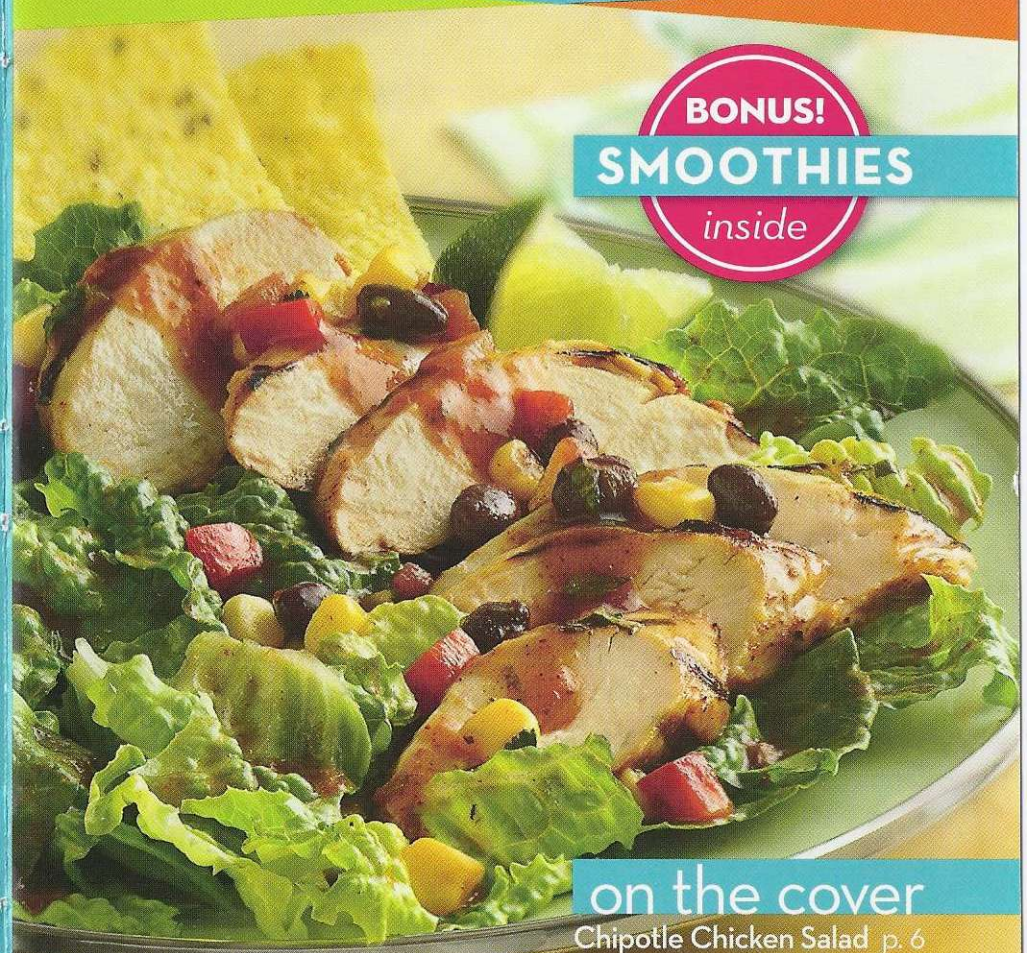
fast & fresh

Salads



BONUS!
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chill out
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$3.99US
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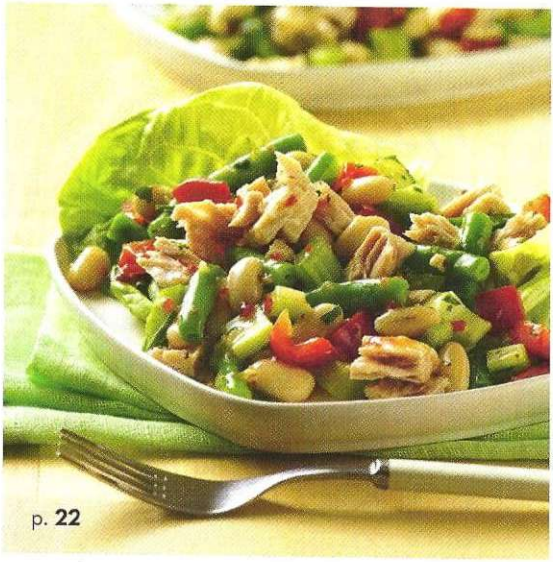
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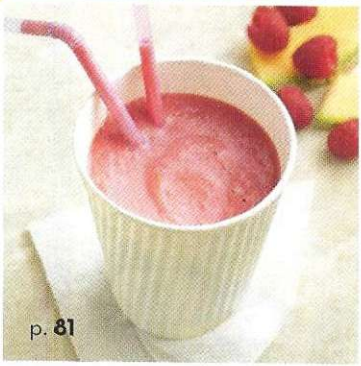
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think green

When it comes to creating a salad, iceberg lettuce is not your only option in terms of greens. There are a variety of greens available, each of which differ in terms of texture and flavor.

mild greens

Chinese Cabbage (napa)

APPEARANCE
Thin, crinkly, cream-colored leaves with light green tips

FLAVOR
Delicate, mild cabbage flavor

Mâche (corn salad)

APPEARANCE
Spoon-shaped medium to dark leaves with velvety texture

FLAVOR
Mild, subtly sweet and nutty

Mustard Spinach (komatsuna)

APPEARANCE
Smooth, dark green leaves

FLAVOR
Mild, subtly sweet

gathering greens

- To remove dirt and grit from greens, fill the sink with water and gently rinse the greens, or use a sprayer. Repeat until all the dirt is removed.
- Remove roots and stems, if necessary, and any brown or wilted spots.
- Pat dry with paper towels, or use salad spinner to remove excess water.
- Store in damp paper towels in a salad spinner or plastic bag with holes, and refrigerate up to a week. To help prevent browning and keep greens at their freshest, the refrigerator should be between 34° and 36°.

bold greens

Arugula

APPEARANCE
Medium green, spike-shaped leaves

FLAVOR
Peppery, slightly bitter, pungent

Green/Red Chard

APPEARANCE
Large, thick green leaves or red-tinted leaves with bright red stalks

FLAVOR
Strong, bitter

Mustard Greens

APPEARANCE
Dark green or maroon-hued leaves

FLAVOR
Assertive, spicy, mustard flavor

Watercress

APPEARANCE
Small, dark green heart-shaped leaves

FLAVOR
Peppery, spicy

1

MAIN DISH SALADS

Satisfying summertime salads to help you beat the heat

6 **Chipotle Chicken Salad** ►

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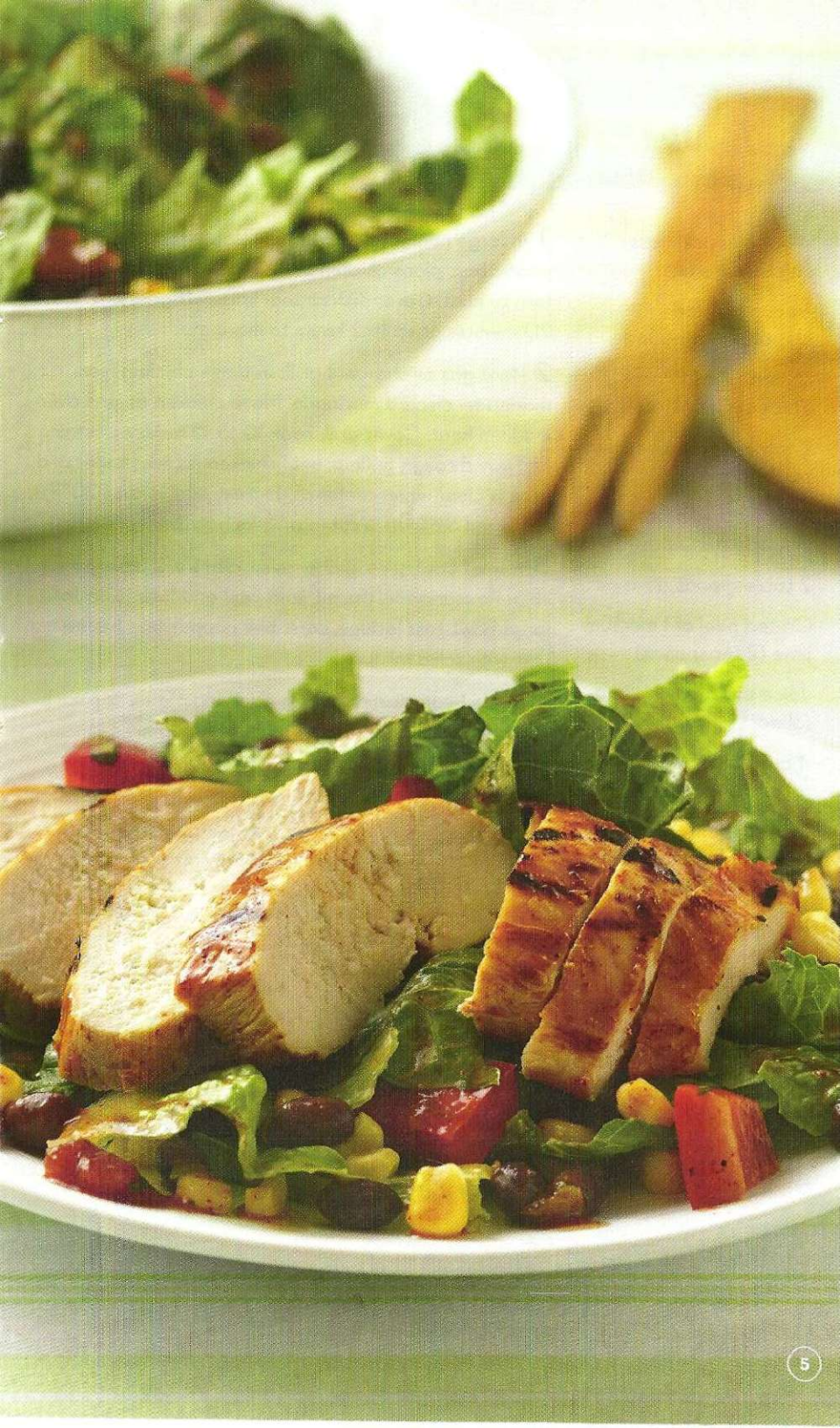


Chipotle Chicken Salad

PREP TIME: **30 MINUTES** START TO FINISH: **50 MINUTES** **4 SERVINGS**

- 4 boneless skinless chicken breasts
- ¾ cup bottled chipotle marinade
- ½ cup Old El Paso® Thick 'n Chunky salsa
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons bottled chipotle marinade
- 2 tablespoons olive oil
- Grated peel of 1 medium lime (2 teaspoons)
- Juice of 1 medium lime (almost ⅓ cup)
- 4 cups torn romaine lettuce
- 1 cup Green Giant® Niblets® frozen corn, cooked, cooled
- ½ cup chopped red bell pepper
- 1 can (15 oz) Progresso® black beans, drained, rinsed

1 In large nonmetal dish or resealable food-storage plastic bag, place chicken and ¾ cup chipotle marinade; turn to coat. Cover dish or seal bag; refrigerate at least 20 minutes or up to 2 hours to marinate.

2 Heat gas or charcoal grill. Remove chicken from marinade; discard marinade. Place chicken on grill over medium heat. Cover grill; cook 10 to 12 minutes, turning halfway through grilling, until chicken is fork-tender and juice is clear when center of thickest part is cut (170°F). Let stand 5 minutes; cut into ½-inch strips.

3 In small bowl, stir together salsa, cilantro, 2 tablespoons chipotle marinade, the oil, lime peel and lime juice. In large bowl, toss lettuce, corn, bell pepper and beans; toss with salsa mixture.

4 Divide bean mixture among 4 serving plates. Top each with chicken. If desired, serve with sour cream.

HIGH ALTITUDE (3500-6500 FT): In step 2, place chicken on grill over medium-low heat. Cover grill; cook 13 to 15 minutes.

PER SERVING (1½ CUPS BEAN MIXTURE AND 1 CHICKEN BREAST EACH): Calories 420; Total Fat 12g; Sodium 780mg; Dietary Fiber 12g

EXCHANGES: 2 Starch, 1 Other Carbohydrate, 4 Lean Meat
CARBOHYDRATE CHOICES: 3

TIP *Add chopped tomatoes or chopped avocado for more veggies.*

Tostada Chicken Salad

PREP TIME: 40 MINUTES START TO FINISH: 40 MINUTES 2 SERVINGS

- 1 cup shredded cooked chicken
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons sour cream
- 2 tablespoons mayonnaise or salad dressing
- 2 teaspoons Old El Paso® taco seasoning mix (from 1.25-oz package) or Southwest seasoning mix
- 1 tablespoon chopped green onion (1 medium)
- 2 tostada shells
- 3 cups shredded lettuce
- ¼ cup Old El Paso® Thick 'n Chunky salsa
- ½ medium avocado, sliced, if desired

1 In medium bowl, mix chicken, cilantro, sour cream, mayonnaise, seasoning mix and onion.

2 Place 1 tostada shell on each dinner plate. Top each with 1½ cups shredded lettuce. Top each with half of chicken mixture; drizzle each with 2 tablespoons salsa. Garnish with avocado.

HIGH ALTITUDE (3500-6500 FT): No change.

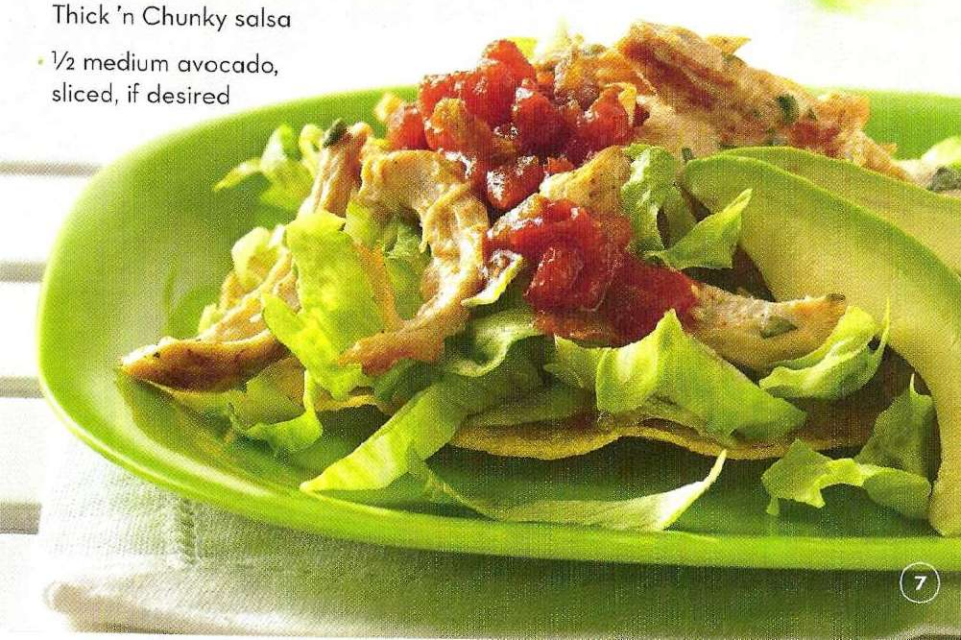
PER SERVING: Calories 340; Total Fat 22g; Sodium 700mg; Dietary Fiber 2g

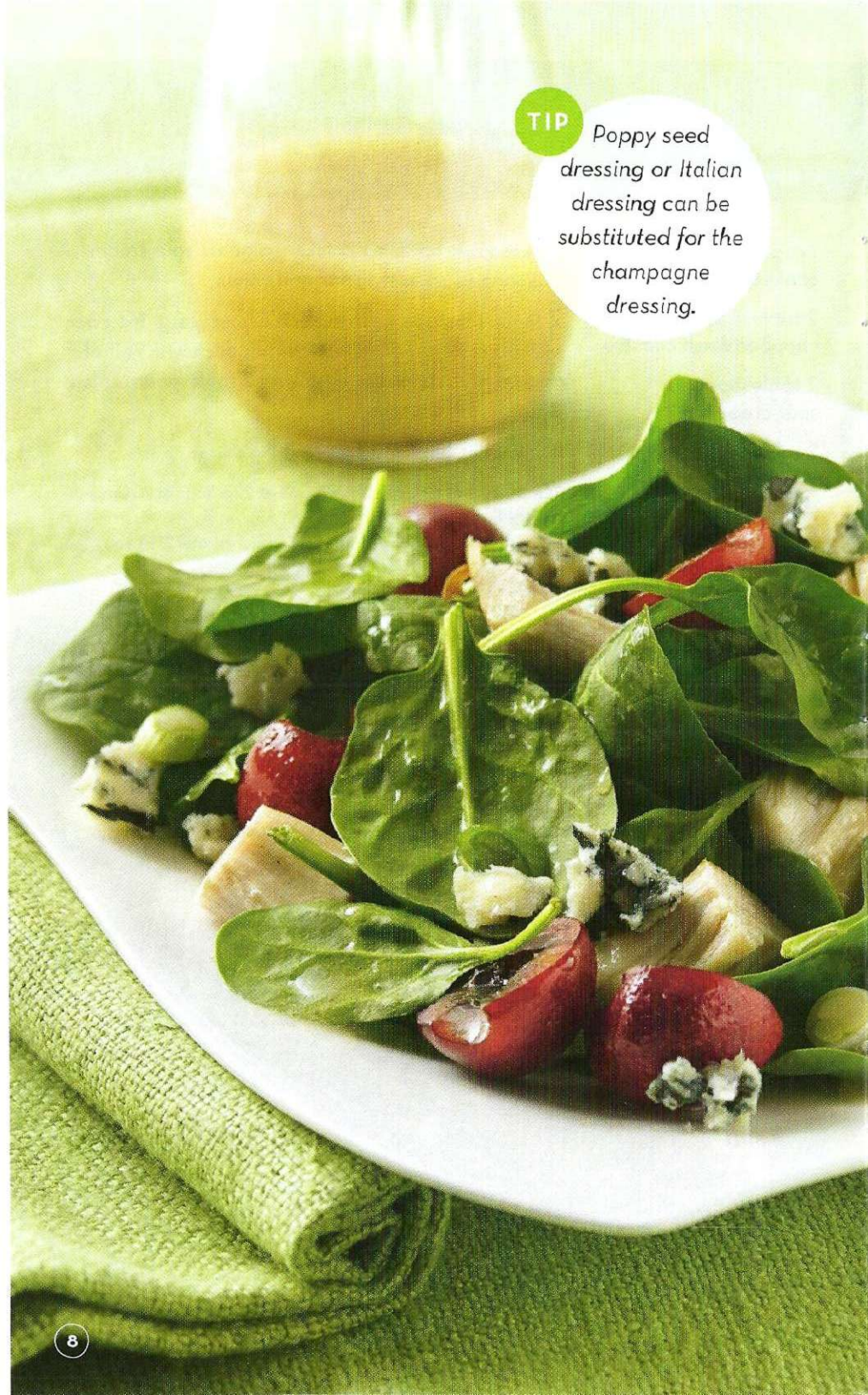
EXCHANGES: ½ Starch, ½ Other Carbohydrate, 2½ Lean Meat, 3 Fat

CARBOHYDRATE CHOICES: 1

TIP *If you're not a fan of cilantro, simply leave it out.*

Save time by purchasing a bag of shredded lettuce.




TIP
Poppy seed dressing or Italian dressing can be substituted for the champagne dressing.

Rotisserie Chicken Salad with Cherries and Gorgonzola

PREP TIME: 15 MINUTES START TO FINISH: 15 MINUTES 4 SERVINGS

- 6 cups fresh baby spinach leaves
- 2 cups chopped skinned deli rotisserie chicken (from 2- to 2½-lb chicken)
- 1 cup halved pitted Bing cherries
- ½ cup crumbled Gorgonzola cheese (2 oz)
- ¼ cup chopped green onions (4 medium)
- ½ cup champagne dressing

1 Place spinach on large platter.

2 Arrange chicken, cherries, cheese and onions evenly over spinach.

3 Drizzle with dressing. Serve immediately.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (ABOUT 2 CUPS EACH): Calories 360; Total Fat 25g; Sodium 1110mg; Dietary Fiber 2g

EXCHANGES: ½ Other Carbohydrate, 3½ Lean Meat, 3 Fat
CARBOHYDRATE CHOICES: ½

If fresh cherries are not in season, use 1 can (15 oz) pitted dark sweet Bing cherries in heavy syrup, drained, or 1 cup frozen (thawed) pitted cherries.

Turkey and Rice Salad

PREP TIME: **25 MINUTES** START TO FINISH: **1 HOUR 20 MINUTES** **6 SERVINGS**

SALAD

- 1 box (10 oz) Green Giant® frozen white & wild rice (with greens)
- 6 large tomatoes
- 2 cups diced cooked turkey
- ½ cup sliced celery
- ½ medium red or green bell pepper, chopped
- ¼ cup chopped green onions (4 medium)

DRESSING

- ¼ cup mayonnaise or salad dressing
- 2 tablespoons white balsamic vinegar
- ¼ teaspoon salt
- ¼ teaspoon pepper

1 Cook rice as directed on box. Refrigerate 10 minutes to cool.

2 Meanwhile, cut thin slices from tops of tomatoes. Gently squeeze out and discard seeds. Using teaspoon, remove pulp from tomatoes, leaving ¼-inch shell. Drain upside down on paper towels. Refrigerate until serving time.

3 In medium bowl, mix rice, turkey, celery, bell pepper and onions. In small bowl, mix dressing ingredients. Pour dressing over salad; stir gently to coat. Cover; refrigerate until thoroughly chilled, at least 45 minutes.

4 Just before serving, spoon salad into tomato shells. If desired, garnish with additional chopped green onions.

HIGH ALTITUDE (3500-6500 FT): No change.

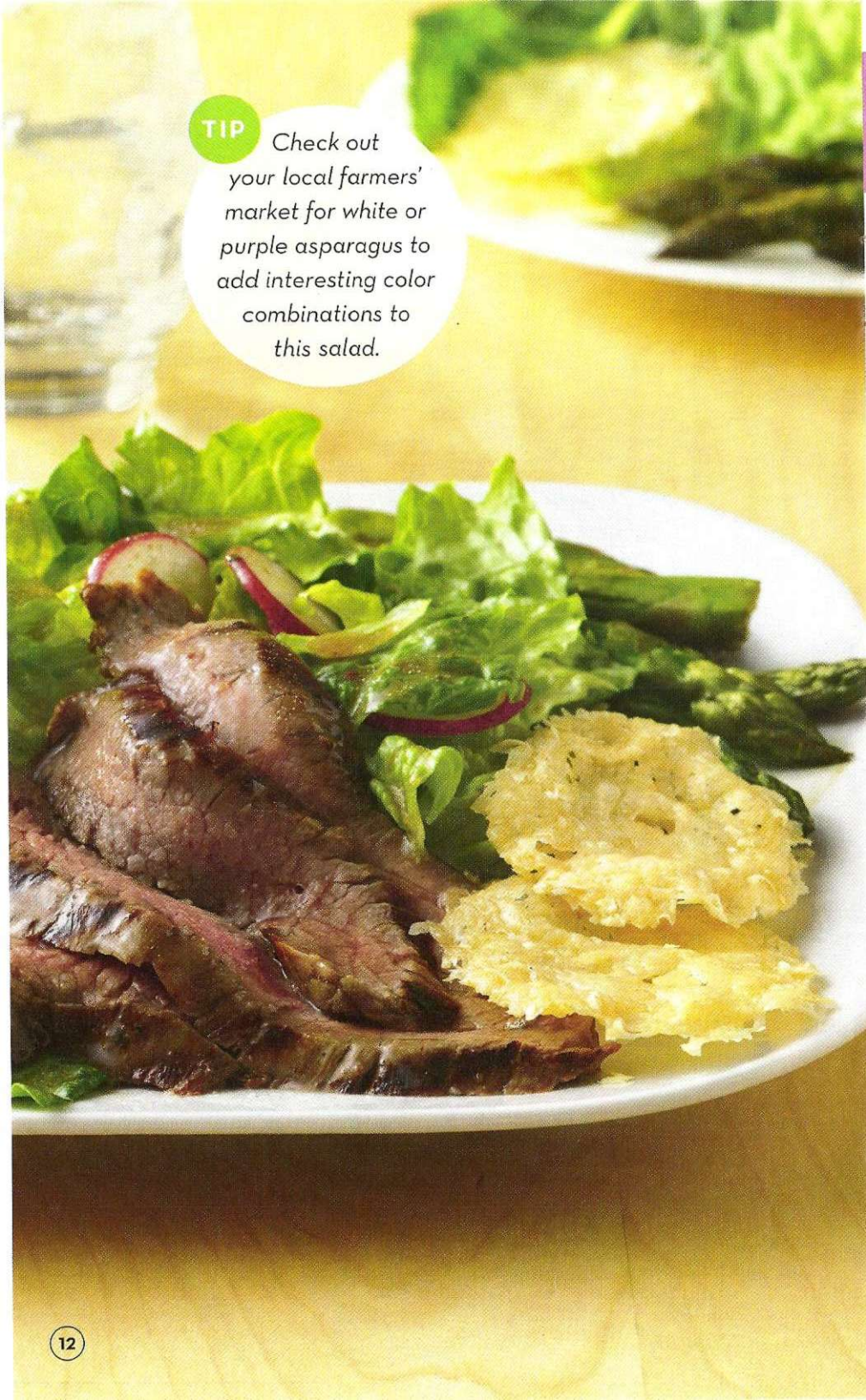
PER SERVING: Calories 240; Total Fat 12g; Sodium 420mg; Dietary Fiber 3g

EXCHANGES: 1 Other Carbohydrate, 1 Vegetable, 2 Lean Meat, 1 Fat

CARBOHYDRATE CHOICES: 1

You can use regular balsamic vinegar
but the rice mixture will be slightly darker.

You can use canned water chestnuts, drained instead of the celery.


TIP
Check out your local farmers' market for white or purple asparagus to add interesting color combinations to this salad.

Grilled Flank Steak Salad with Parmesan Crisps

PREP TIME: **45 MINUTES** START TO FINISH: **2 HOURS 35 MINUTES** **4 SERVINGS**

STEAK AND SALAD

- 1 lb beef flank steak
- ½ cup balsamic vinaigrette dressing or Italian dressing
- ¼ teaspoon cracked black pepper
- 1 lb fresh asparagus spears, trimmed
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 6 cups torn romaine lettuce
- ½ cup thinly sliced radishes
- Additional ¼ cup dressing

PARMESAN CRISPS

- 6 tablespoons finely shredded Parmesan cheese

1 In large nonmetal dish or resealable food-storage plastic bag, place steak and ½ cup dressing; turn to coat. Cover dish or seal bag; refrigerate at least 2 hours or overnight to marinate.

2 Heat oven to 350°F. Spray large cookie sheet with cooking spray.

3 To make Parmesan Crisps, spoon heaping teaspoonfuls Parmesan cheese in 12 mounds on cookie sheet. Spread each mound into 2-inch circle. Bake 6 to 8 minutes or until light brown. Carefully remove from pan to cooling rack. (Crisps may be made up to 2 days ahead and kept between layers of waxed paper in airtight container at room temperature.)

4 Heat gas or charcoal grill. Remove steak from marinade; reserve marinade. Sprinkle steak with cracked black pepper. Place steak on grill over medium heat. Cover grill; cook 15 to 18 minutes or until desired doneness, turning halfway through grilling. Let stand 5 minutes.

5 Meanwhile, toss asparagus with reserved marinade. Place asparagus in grill basket (grill "wok"); discard any remaining marinade. Place asparagus on grill. Cover grill; cook 6 to 8 minutes, turning occasionally, until tender. Season asparagus with salt and pepper.

6 In large bowl, toss lettuce, radishes and the additional ¼ cup dressing. Divide lettuce mixture among 4 dinner plates. Cut steak across grain into thin slices. Divide steak slices and asparagus evenly among plates. Serve with Crisps.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (4 OZ STEAK, 6 TO 7 ASPARAGUS SPEARS, 1½ CUPS SALAD AND 3 CRISPS EACH): Calories 440; Total Fat 29g; Sodium 700mg; Dietary Fiber 3g

EXCHANGES: 1 Vegetable, 5 Lean Meat, 3 Fat
CARBOHYDRATE CHOICES: ½

Thai Beef-Noodle Salad

PREP TIME: **35 MINUTES** START TO FINISH: **1 HOUR** **6 SERVINGS**

- 1/3 cup soy sauce
- 2 tablespoons packed brown sugar
- 2 tablespoons vegetable oil
- 2 tablespoons lime juice
- 1 tablespoon fish sauce
- 1 teaspoon chopped fresh gingerroot
- 1/2 teaspoon crushed red pepper flakes
- 1 lb beef flank steak
- 3.5 oz uncooked rice stick noodles
- 2 tablespoons peanut butter
- 1 1/2 cups shredded carrots
- 1 medium red bell pepper, cut into 1-inch strips
- 1/2 cup chopped green onions (8 medium)
- 1/4 cup dry-roasted peanuts, chopped

1 In 1-cup microwavable measuring cup, stir together soy sauce, brown sugar, oil, lime juice, fish sauce, gingerroot and pepper flakes.

2 In large nonmetal dish or resealable food-storage plastic bag, place beef and 3 tablespoons of the soy sauce mixture. (Cover and refrigerate remaining soy sauce mixture for dressing). Turn to coat. Cover dish or seal bag; refrigerate at least 20 minutes or up to 4 hours to marinate.

3 Heat gas or charcoal grill. Remove beef from marinade; discard marinade. Place beef on grill over medium heat. Cover grill; cook 10 to 15 minutes, turning halfway through grilling, until desired doneness. Let stand 5 minutes; cut into thin strips. Cut strips into 1- to 1 1/2-inch lengths.

4 Meanwhile, in 2-quart saucepan, heat 6 cups water to boiling. Add rice stick noodles; cook 2 to 3 minutes or just until tender (do not overcook). Rinse in cold water until cool; drain. Cut noodles with kitchen scissors into 3- to 5-inch lengths.

5 Using wire whisk, mix peanut butter into remaining soy sauce mixture to make dressing. If necessary, microwave mixture uncovered on High 15 to 20 seconds to blend in peanut butter.

6 In large bowl, place noodles, beef, carrots, bell pepper and onions. Toss with dressing until noodles are evenly coated. Sprinkle with peanuts. Serve immediately.

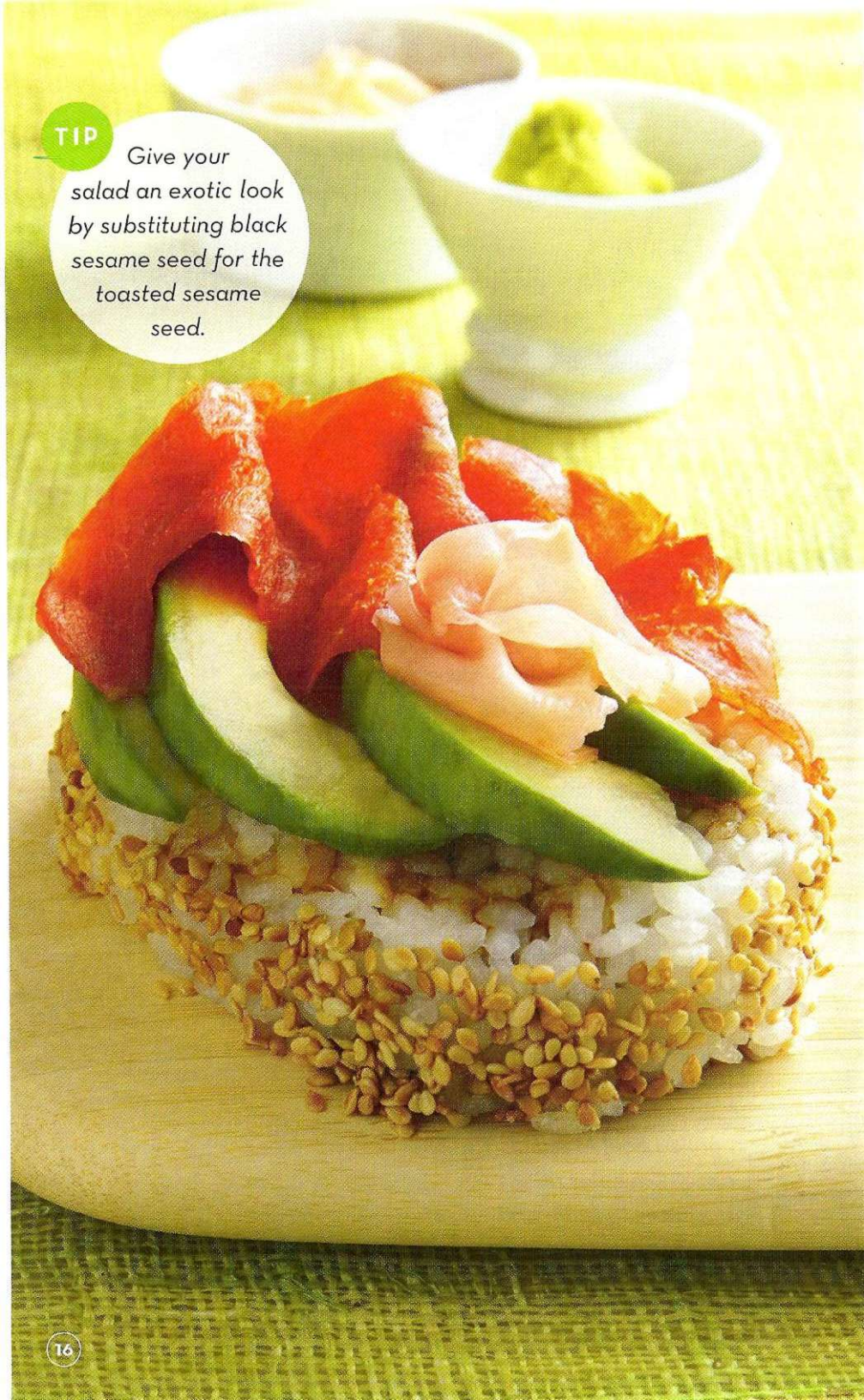
HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (1 1/2 CUPS EACH): Calories 340; Total Fat 14g; Sodium 1170mg; Dietary Fiber 3g

EXCHANGES: 1 Starch, 1/2 Other Carbohydrate, 1 Vegetable, 3 Lean Meat, 1 Fat

CARBOHYDRATE CHOICES: 2

TIP *Allowing the grilled beef to stand about 5 minutes allows the juices to settle and keeps the meat moist after slicing.*


TIP
Give your salad an exotic look by substituting black sesame seed for the toasted sesame seed.

Smoked Salmon-Avocado Sushi Salad

PREP TIME: 20 MINUTES START TO FINISH: 1 HOUR 4 SERVINGS

SUSHI RICE

- 1¼ cups water
- 1 cup uncooked sushi rice
- ¼ cup seasoned rice vinegar

DRESSING

- 2 tablespoons less-sodium soy sauce
- 1½ teaspoons seasoned rice vinegar
- ¼ to ½ teaspoon wasabi paste

SALAD

- 2 tablespoons sesame seed, toasted*
- 1 avocado, peeled and cut lengthwise into 16 slices
- 1 package (3 oz) thinly sliced salmon lox
- 4 teaspoons chopped pickled ginger slices (from 6-oz jar)

*To toast sesame seed, sprinkle in ungreased heavy skillet. Cook over medium-low heat 5 to 7 minutes, stirring frequently until browning begins, then stirring constantly until golden brown.

1 In 2-quart saucepan, heat 1¼ cups water and the rice to boiling. Reduce heat to low; cover and simmer 10 to 15 minutes or until tender. Transfer to large bowl, tossing rice with chopsticks or 2 forks to cool slightly. Gradually add ¼ cup vinegar to rice, tossing constantly. Cover bowl with damp towel; cool rice to room temperature.

2 In small bowl, mix dressing ingredients with wire whisk.

3 Dip hands into cold water; divide rice into 4 equal portions. Form each into oval-shaped patty about ¾ inch thick. Roll edges in sesame seed. Place each patty on serving plate. Sprinkle top of each rice patty with 1 to 2 teaspoons dressing. Arrange 4 avocado slices over each. Top each with ¼ of the sliced salmon and 1 teaspoon ginger slices. Serve immediately.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 290; Total Fat 8g; Sodium 480mg; Dietary Fiber 3g

EXCHANGES: 2½ Starch, ½ Other Carbohydrate, 1½ Fat

CARBOHYDRATE CHOICES: 3

Look for sushi rice, wasabi paste and pickled ginger in the **Asian section of the supermarket.** This short-grained rice may be called pearl, glutinous or Japanese rice.

Garden Bounty Fontina Salad

PREP TIME: **25 MINUTES** START TO FINISH: **25 MINUTES** **8 SERVINGS**

SALAD

- 4 cups torn arugula
- 1½ cups cherry tomatoes, cut in half
- 6 oz fontina cheese, cubed
- 2 small zucchini, cut in half lengthwise, then sliced
- 2 ears fresh sweet corn, cooked, corn cut off, ears discarded
- 1 small cucumber, peeled, seeded, diced
- ½ cup walnut halves, toasted*

DRESSING

- ¼ cup olive oil
- 2 tablespoons sherry vinegar
- 2 teaspoons Dijon mustard
- ¼ teaspoon salt
- ⅛ teaspoon coarse ground black pepper

*To toast walnuts, sprinkle in ungreased heavy skillet. Cook over medium heat 5 to 7 minutes, stirring frequently until nuts begin to brown, then stirring constantly until nuts are light brown.

1 In 3-quart bowl, layer salad ingredients in order listed.

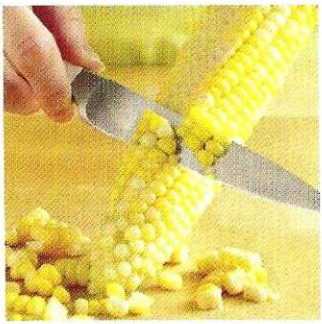
2 In small jar with tight-fitting lid, shake dressing ingredients. Pour dressing over salad; toss gently to coat. Serve immediately. Or, cover and refrigerate salad and dressing separately up to 4 hours; toss salad with dressing just before serving.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (1¼ CUPS EACH): Calories 240; Total Fat 18g; Sodium 290mg; Dietary Fiber 2g

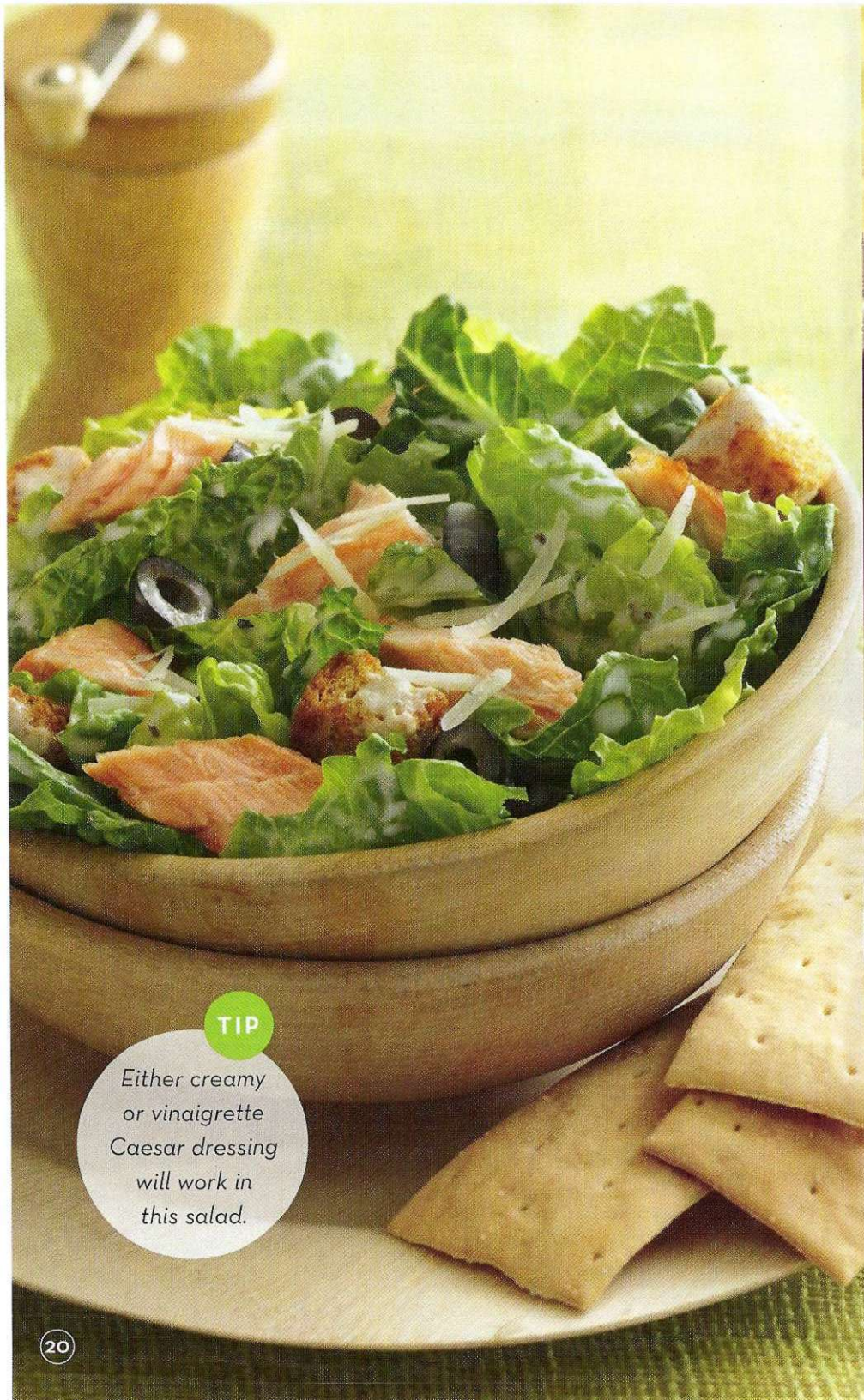
EXCHANGES: ½ Other Carbohydrate, 1 Vegetable, 1 High-Fat Meat, 2 Fat

CARBOHYDRATE CHOICES: 1



One and one-half cups Green Giant® Niblets® frozen whole kernel corn, cooked, cooled, can be **substituted for the fresh corn.**

For a different look, mix the salad ingredients instead of layering them.


TIP
Either creamy or vinaigrette Caesar dressing will work in this salad.

Grilled Salmon Caesar Salad

PREP TIME: 25 MINUTES · START TO FINISH: 25 MINUTES · 4 SERVINGS

- 1 salmon fillet (1 lb)
- ½ cup Caesar dressing
- 1 bag (10 oz) torn romaine lettuce (6 cups)
- ½ cup Caesar-flavored croutons
- ¼ cup sliced ripe olives
- ¼ cup shredded fresh Parmesan cheese (1 oz)

1 Heat gas or charcoal grill. Place salmon, skin side down, on grill over medium heat. Brush surface of fish with 1 tablespoon of the dressing. Cover grill; cook 9 to 11 minutes, or until fish flakes easily with fork and is opaque.

2 In large bowl, toss lettuce, croutons and olives. Pour remaining dressing over top; toss gently to coat. Spoon salad onto large platter. Remove skin, and flake salmon. Arrange salmon on top of salad. Sprinkle with cheese.

Broiling Directions: To broil salmon, place skin side down on broiler pan; broil with top 4 to 6 inches from heat, using times above as a guide.

HIGH ALTITUDE (3500-6500 FT): In step 1, grill salmon over medium-low heat.

PER SERVING: Calories 390; Total Fat 27g; Sodium 640mg; Dietary Fiber 2g

EXCHANGES: ½ Other Carbohydrate, 4 Lean Meat, 3 Fat

CARBOHYDRATE CHOICES: ½

Prepare this salad with **cold grilled salmon.** Grill the salmon ahead; cover and chill up to 4 hours. Assemble the salad just before serving.

Italian Bean and Tuna Salad

PREP TIME: 20 MINUTES START TO FINISH: 30 MINUTES 4 SERVINGS

- 1 can (19 or 15 oz) Progresso® cannellini beans or 1 can (16 oz) navy beans, drained, rinsed
- 1 can (6 oz) white tuna in water, drained, flaked
- 1 cup fresh or frozen cut (1-inch) green beans, cooked, rinsed with cold water
- 1 cup chopped celery
- ½ cup chopped red bell pepper
- 3 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh parsley
- ½ cup reduced-calorie or fat-free Italian dressing
- ½ teaspoon dried oregano leaves
- Lettuce leaves, if desired

1 In medium bowl, mix all ingredients except lettuce. Refrigerate 10 minutes to blend flavors.

2 Just before serving, place lettuce in serving bowl; spoon salad on lettuce.

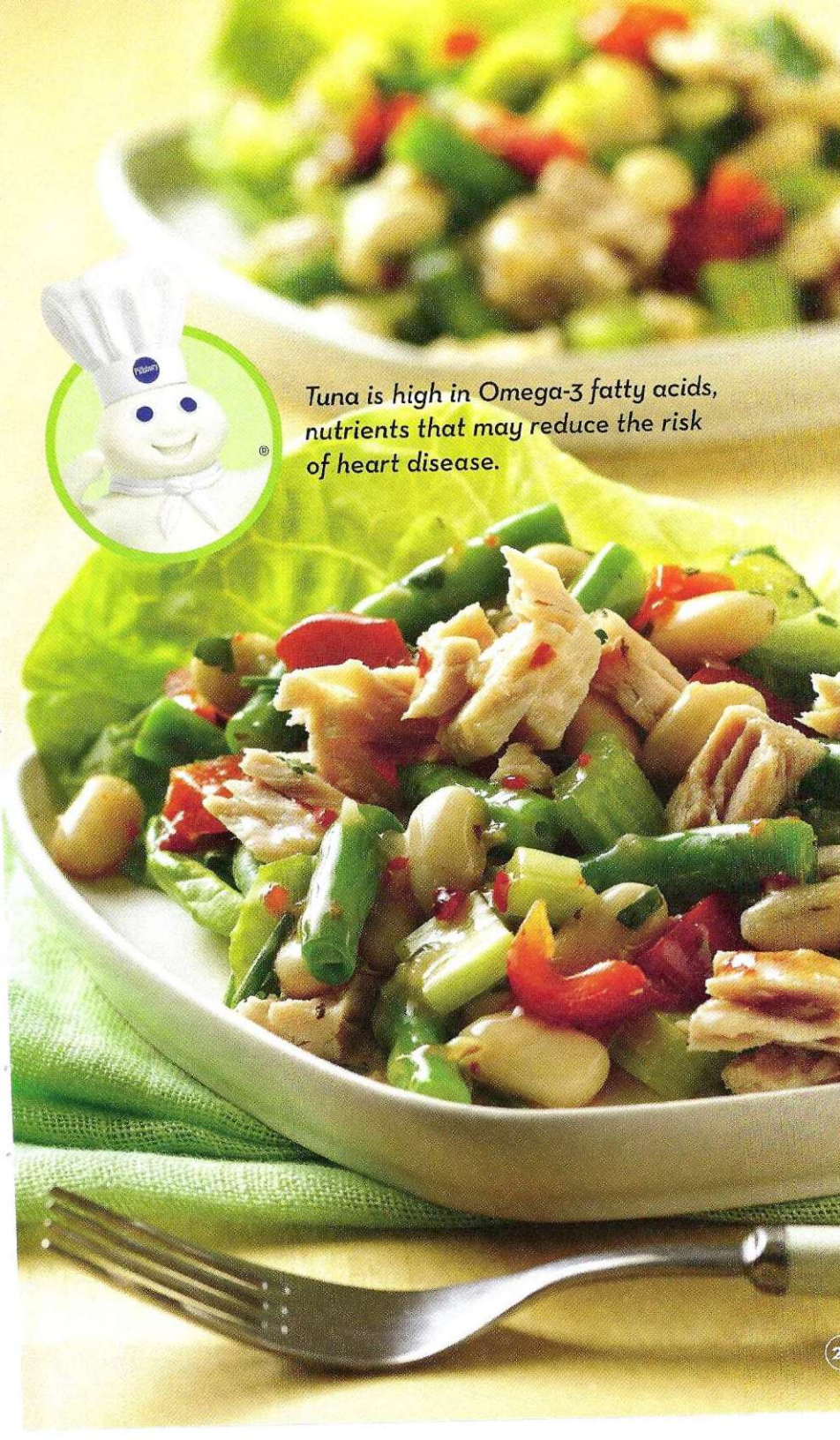
HIGH ALTITUDE (3500-6500 FT): No change.

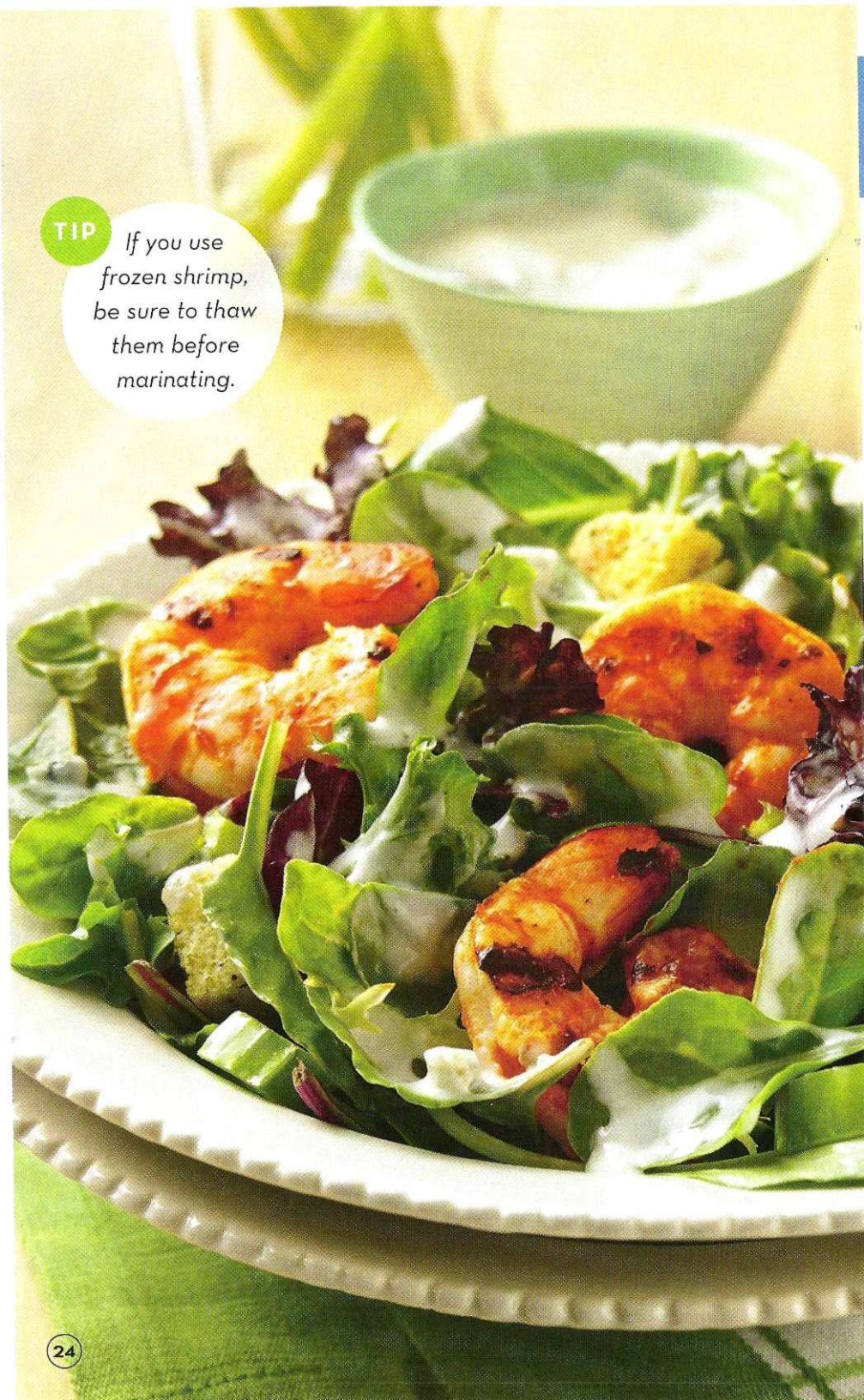
PER SERVING (1 CUP EACH): Calories 270; Total Fat 6g; Sodium 530mg; Dietary Fiber 8g

EXCHANGES: 1 Starch, 1 Other Carbohydrate, 1 Vegetable, 2 Lean Meat

CARBOHYDRATE CHOICES: 2

For a different presentation idea, line 4 individual salad plates with lettuce. Spoon salad onto lettuce.


Tuna is high in Omega-3 fatty acids, nutrients that may reduce the risk of heart disease.


TIP
If you use frozen shrimp, be sure to thaw them before marinating.

Buffalo Shrimp Salad

PREP TIME: **15 MINUTES** START TO FINISH: **35 MINUTES** **8 SERVINGS**

- 2 lb uncooked deveined peeled large shrimp, tail shells removed
- ½ cup buffalo wing sauce
- 2 bags (10 oz each) torn mixed salad greens (such as romaine lettuce and radicchio)
- 2 medium stalks celery, sliced (1 cup)
- 1½ cups seasoned croutons
- 1 cup blue cheese dressing

1 Heat gas or charcoal grill. Thread shrimp onto eight 12-inch metal skewers. Brush with wing sauce, covering all sides of shrimp. Let stand 10 minutes to marinate.

2 Place shrimp on grill over medium heat. Cover grill; cook 5 to 7 minutes or until shrimp turn pink.

3 In large bowl, place salad greens, celery, croutons and dressing; toss gently. Divide salad among individual serving plates. Top each salad with shrimp.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 290; Total Fat 19g; Sodium 1110mg; Dietary Fiber 2g

EXCHANGES: ½ Starch, 2½ Lean Meat, 2½ Fat
CARBOHYDRATE CHOICES: ½

Buffalo wing sauces **vary in flavor.** Experiment with different brands to find your favorite.

2

PERFECT FOR POTLUCKS

Crowd-pleasing salads terrific for toting to potlucks and picnics

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29 Super-Simple Picnic Potato Salad

30 Crunchy Asian Chicken Salad

33 Greek-Style Pasta Salad

34 Grilled Bell Pepper Panzanella Salad

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38 Mediterranean Vegetable Bulgur Salad

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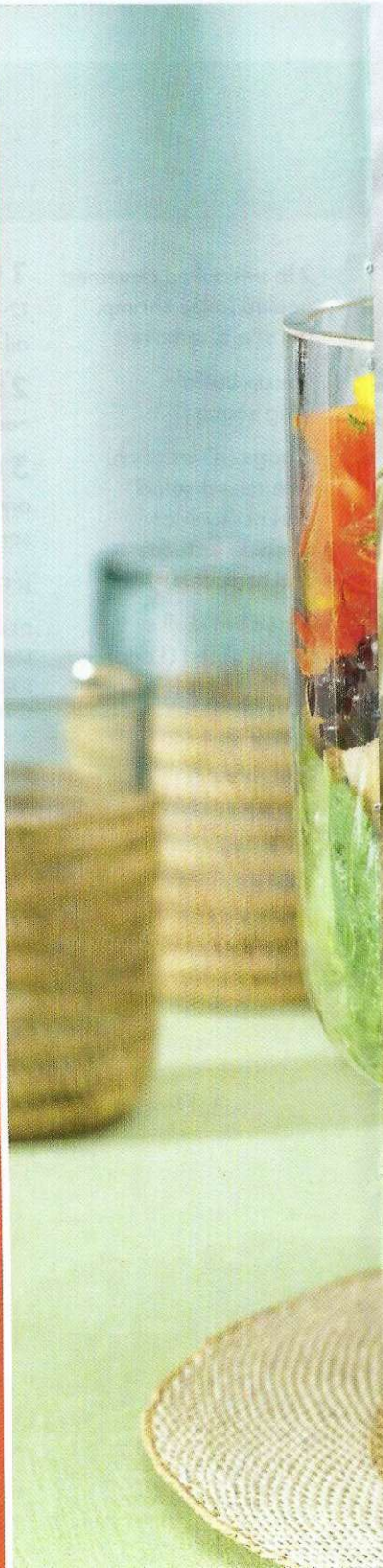
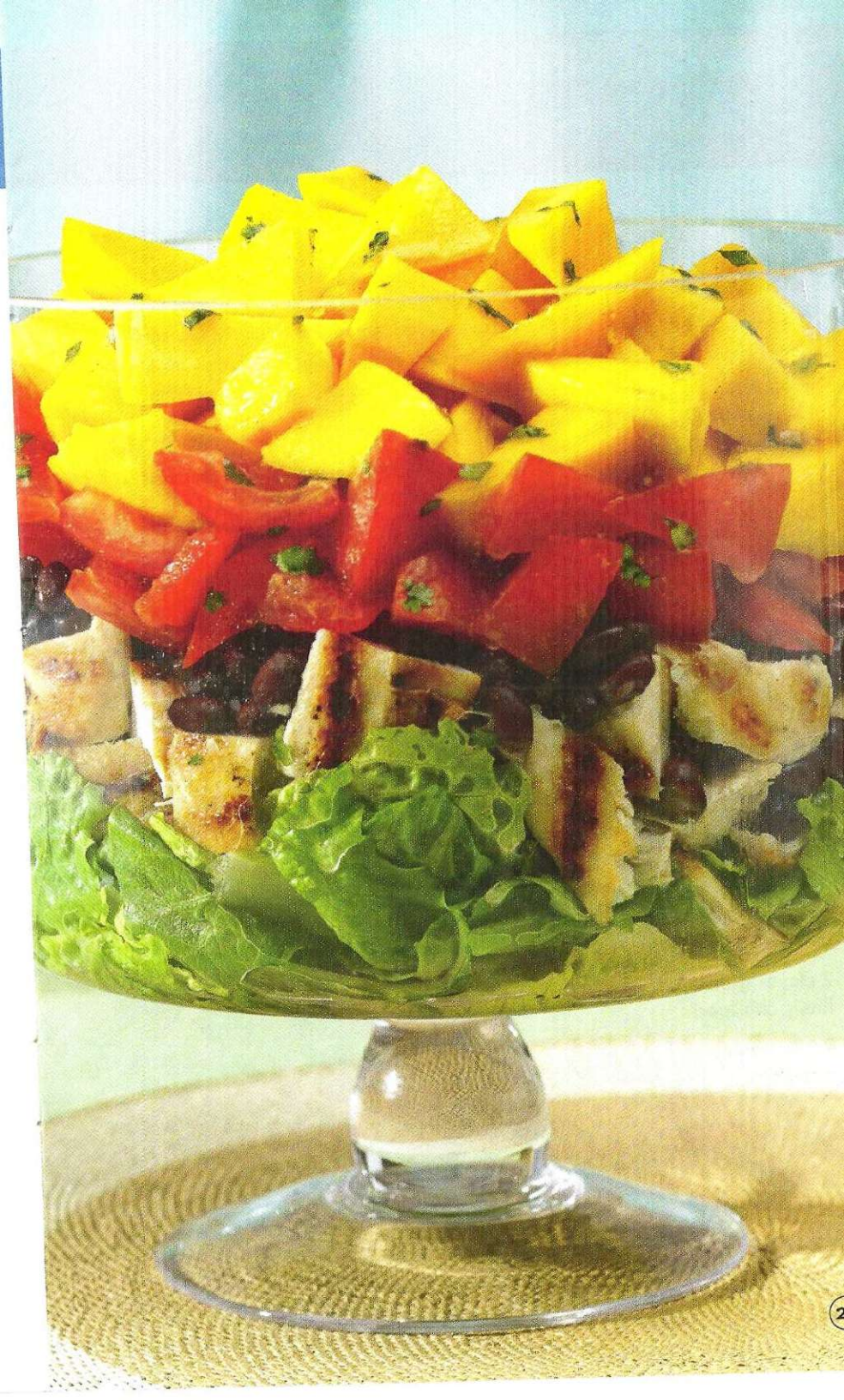
42 Honey-Mustard Coleslaw with Apples

45 Black-Eyed Pea Salad Bowl

46 Layered Summer Fruits with Creamy Lime Dressing





Layered Caribbean Chicken Salad

PREP TIME: 30 MINUTES START TO FINISH: 30 MINUTES 10 SERVINGS

SALAD

- 4 cups torn romaine lettuce
- 3 cups cut-up cooked chicken
- 1 can (15 oz) Progresso® black beans, drained, rinsed
- 1½ cups chopped tomatoes
- 2 ripe medium mangoes, seed removed, peeled and chopped

DRESSING

- ⅓ cup vegetable oil
- ⅓ cup lime juice
- ¼ cup chopped fresh cilantro
- 2 tablespoons sugar
- ¾ teaspoon salt
- ¼ teaspoon ground cinnamon, if desired
- 2 cloves garlic, finely chopped
- Red pepper sauce, if desired

1 In 3-quart glass trifle bowl, layer lettuce, chicken, black beans, tomatoes and mangoes.

2 In jar with tight-fitting lid, shake dressing ingredients. Drizzle over salad; serve immediately. Or, cover and refrigerate salad and dressing separately up to 4 hours; drizzle salad with dressing just before serving.

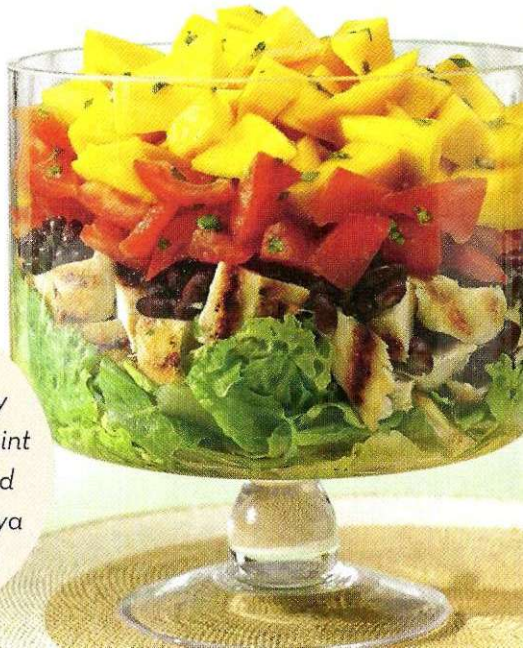
HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (1¼ CUPS EACH): Calories 240; Total Fat 11g; Sodium 230mg; Dietary Fiber 5g

EXCHANGES: ½ Starch, 1 Other Carbohydrate, 2 Lean Meat, 1 Fat

CARBOHYDRATE CHOICES: 1½

If you don't have a trifle bowl, toss all the salad ingredients in a large bowl. Drizzle with dressing, or pass the dressing separately.



TIP *Mix the flavor of this salad up by substituting fresh mint for the cilantro and pineapple or papaya for the mangoes.*

Super-Simple Picnic Potato Salad

PREP TIME: 45 MINUTES START TO FINISH: 5 HOURS 45 MINUTES 16 SERVINGS

- 1 bag (32 oz) frozen southern-style diced hash brown potatoes
- ¼ cup water
- 2 tablespoons cider vinegar
- 1 tablespoon yellow mustard
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 5 eggs
- 1 cup mayonnaise or salad dressing
- ½ cup chopped celery
- ⅓ cup chopped onion
- Paprika, if desired

1 In ungreased 3-quart microwavable bowl, mix frozen potatoes and water; spread evenly in bowl. Cover tightly with microwavable plastic wrap. Microwave on High 15 to 20 minutes or until potatoes are hot and tender, stirring once halfway through cooking.

2 Add vinegar, mustard, salt and pepper to hot potatoes; mix well. Spread evenly in bowl. Cover, refrigerate at least 5 hours or until completely cold.

3 Meanwhile, in 2-quart saucepan, place eggs in single layer. Add enough water to cover eggs by 1 inch. Heat to boiling. Immediately remove from heat; cover and let stand 15 minutes. Drain; rinse with cold water. Place eggs in bowl of ice water; let stand 10 minutes. Drain. Peel eggs. Reserve 1 egg for garnish; chop remaining 4 eggs.

4 Stir mayonnaise into cold potato mixture. Add celery, onion and chopped eggs; toss gently to mix. Spoon mixture into large serving bowl. Slice reserved hard-cooked egg; arrange on top of salad. Sprinkle with paprika. Serve immediately, or cover and refrigerate until serving time.

HIGH ALTITUDE (3500-6500 FT): In step 3, add a pinch of salt to the water. After heating the salt water to boiling, boil 5 minutes. Remove from heat, cover and let stand 15 minutes.

PER SERVING (½ CUP EACH): Calories 200; Total Fat 13g; Sodium 350mg; Dietary Fiber 2g

EXCHANGES: 1 Starch, 2½ Fat

CARBOHYDRATE CHOICES: 1

The flavors in this potato salad will **improve in the refrigerator.** Prepare the salad a day in advance; cover and refrigerate it until serving time.

Crunchy Asian Chicken Salad

PREP TIME: **25 MINUTES** START TO FINISH: **25 MINUTES** **10 SERVINGS**

- 3 packages (3 oz each) chicken-flavor ramen noodle soup mix
- 8 cups shredded Chinese (napa) cabbage (1 medium head)
- 4 cups cut-up cooked chicken
- 1 cup shredded carrots
- ½ cup chopped red onion
- 1 cup sesame-ginger dressing
- 1 tablespoon sugar
- 1 cup wasabi peas
- 3 tablespoons sesame seed, toasted*

*To toast sesame seed, sprinkle in ungreased heavy skillet. Cook over medium-low heat 5 to 7 minutes, stirring frequently until browning begins, then stirring constantly until golden brown.

1 In 2-quart saucepan, heat 1½ cups water to boiling over high heat. Break apart noodles before opening soup packages. Stir 2 of the seasoning packets and all of the noodles into boiling water. Cook 2 to 3 minutes, stirring constantly, until noodles are tender; do not drain.

2 In large bowl, toss noodles, cabbage, chicken, carrots and onion. In small bowl, stir together dressing, sugar and remaining seasoning packet. Toss dressing with salad.

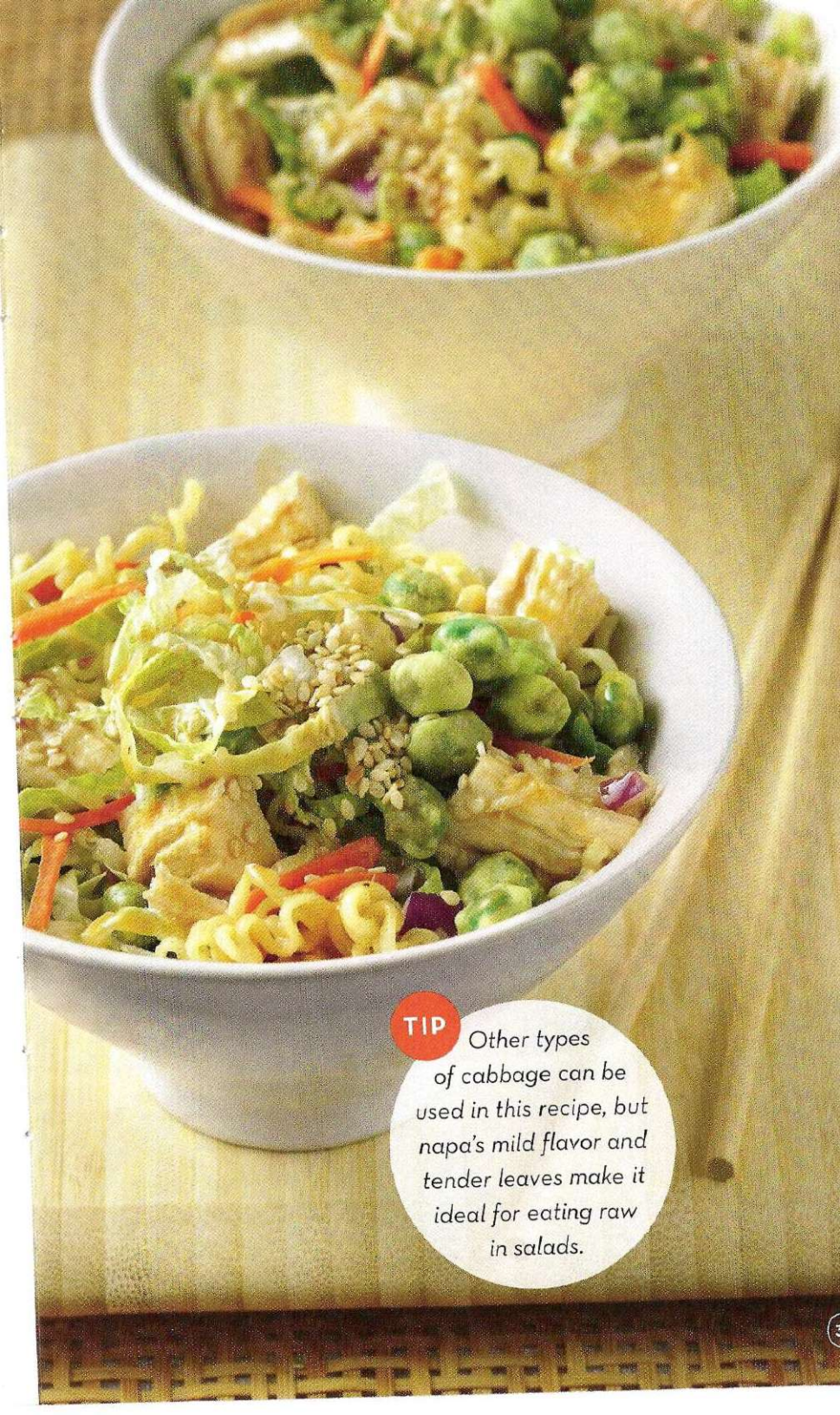
3 Cover and refrigerate up to 1 hour. Stir in wasabi peas and sesame seed just before serving.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (1¼ CUPS EACH): Calories 390; Total Fat 19g; Sodium 850mg; Dietary Fiber 3g

EXCHANGES: 1 Starch, 1 Other Carbohydrate, 1 Vegetable, 2½ Lean Meat, 2 Fat
CARBOHYDRATE CHOICES: 2

Wasabi peas **add crunch and spicy heat** to this salad. Look for them in the Asian aisle or the sushi-making area of the supermarket. Or they can be omitted from the salad.


TIP
Other types of cabbage can be used in this recipe, but napa's mild flavor and tender leaves make it ideal for eating raw in salads.

TIP *Two tablespoons chopped green onions can be substituted for the garlic in the dressing.*

Greek-Style Pasta Salad

PREP TIME: **30 MINUTES** START TO FINISH: **30 MINUTES** **10 SERVINGS**

DRESSING

- 2/3 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon chopped fresh oregano leaves or 1/4 teaspoon dried oregano leaves
- 1/2 teaspoon salt
- 1/4 teaspoon coarse ground black pepper
- 1 clove garlic, finely chopped

SALAD

- 3 cups uncooked rotini pasta (8 oz)
- 4 oz hard salami slices, quartered
- 1 medium cucumber, seeded, cut into chunks (1 1/4 cups)
- 1 small green bell pepper, cut into thin bite-sized strips
- 1 small red bell pepper, cut into thin bite-sized strips
- 2 medium tomatoes, cut into wedges, then cut in half
- 1/2 cup sliced kalamata or other Greek olives
- 1/4 cup sliced fresh basil leaves or 2 teaspoons dried basil leaves
- 6 oz feta cheese, crumbled (1 1/2 cups)

1 In blender or food processor bowl, place all dressing ingredients. Cover; blend on medium speed about 20 seconds or until smooth; set aside.

2 Cook and drain pasta as directed on package. Rinse with cold water to cool; drain.

3 In 4-quart bowl, place pasta and remaining salad ingredients. Add dressing; toss gently. Serve immediately.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (1 1/3 CUPS EACH): Calories 340; Total Fat 23g; Sodium 710mg; Dietary Fiber 2g

EXCHANGES: 1 1/2 Starch, 1/2 High-Fat Meat, 3 1/2 Fat

CARBOHYDRATE CHOICES: 1 1/2

Genoa and cotto salamis are the best-known Italian salamis. Genoa is rich, fatty and studded with white peppercorns, and cotto is studded with black peppercorns.

Grilled Bell Pepper Panzanella Salad

PREP TIME: **40 MINUTES** START TO FINISH: **1 HOUR 10 MINUTES** **11 SERVINGS**

- 6 cups cubes (¾ inch) dry French or Italian bread
- 2 large yellow bell peppers
- 2 large red bell peppers
- 1 medium red onion, cut into ½-inch thick slices
- ½ cup sliced kalamata or black olives
- ¼ cup julienne (matchstick-cut) fresh basil leaves
- 8 oz fresh mozzarella ciliegini (cheese balls), drained, halved
- 4 medium plum (Roma) tomatoes, chopped
- ½ English (seedless) cucumber, quartered, sliced
- ¾ cup balsamic vinaigrette dressing

1 Place bread cubes on shallow trays. Let stand to dry out slightly while making salad.

2 Heat gas or charcoal grill. Place bell peppers on grill over medium-high heat. Cover grill; cook 15 to 30 minutes, turning occasionally, until peppers are blackened. Place roasted peppers in large bowl; cover with plastic wrap. Let stand 15 to 20 minutes. Peel and seed bell peppers. Cut into bite-size strips.

3 Place onion slices on grill. Cover grill; cook 3 to 6 minutes, turning once during grilling, until golden on edges and slightly tender. Cut into ½-inch pieces.

4 In large bowl, place cubed bread, grilled pepper strips, grilled onions, olives, basil, cheese, tomatoes and cucumber. Drizzle with dressing, tossing to coat. Serve immediately.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (1 CUP EACH): Calories 230; Total Fat 14g; Sodium 390mg; Dietary Fiber 2g

EXCHANGES: ½ Starch, ½ Other Carbohydrate, 1 Vegetable, ½ High-Fat Meat, 2 Fat

CARBOHYDRATE CHOICES: 1

For firmer bread cubes, bake cubes in ungreased 15x10x1-inch pan at 350°F 6 to 8 minutes or until golden brown.

TIP
Substitute 1 cup cubed mozzarella cheese for the fresh mozzarella.

Consider serving this salad as a main dish. Complete the meal with a side of fresh steamed green beans and a crusty baguette.

Bruschetta-Style Tortellini Salad

PREP TIME: 20 MINUTES START TO FINISH: 20 MINUTES 10 SERVINGS

BRUSCHETTA DRESSING

- 1 can (14.5 oz) Muir Glen® organic diced tomatoes, drained, juice reserved
- ¼ cup chopped fresh basil leaves
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic, finely chopped

SALAD

- 1 package (20 oz) refrigerated cheese-filled tortellini
- 2 cups sliced fresh mushrooms (about 5 oz)
- 1 cup cubed mozzarella cheese
- ½ cup chopped red onion
- 1 can (2¼ oz) sliced ripe olives, drained
- ½ package (3.5-oz size) sliced pepperoni, cut in half

1 In medium bowl, mix dressing ingredients.

2 Cook and drain tortellini as directed on package. Rinse with cold water to cool; drain. In large bowl, toss tortellini with dressing, mushrooms, cheese, onion, olives and pepperoni; stir in reserved tomato juice.

3 Cover and refrigerate 1 to 4 hours before serving.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (1 CUP EACH): Calories 280; Total Fat 11g; Sodium 510mg; Dietary Fiber 2g

EXCHANGES: 2 Starch, 1 High-Fat Meat, ½ Fat

CARBOHYDRATE CHOICES: 2

Save time by substituting 1 container (16 oz) fresh bruschetta mix for the dressing. Look for this product in the deli or fresh pasta section of the supermarket.

EASY LOW FAT

Mediterranean Vegetable Bulgur Salad

PREP TIME: **10 MINUTES** START TO FINISH: **45 MINUTES** **12 SERVINGS**

- 2 cups boiling water
- 1½ cups uncooked bulgur
- 1½ cups water
- 2 cups fresh broccoli florets
- 1 cup grape tomatoes
- ½ cup shredded carrot
- 1 cup crumbled feta cheese (4 oz)
- 2 tablespoons chopped fresh parsley
- ½ teaspoon salt
- 1 can (15 oz) Progresso® chick peas (garbanzo beans), drained
- ½ cup Greek or Italian dressing

1 In large bowl, pour 2 cups boiling water over bulgur. Let stand 30 minutes.

2 In 2-quart saucepan, heat 1½ cups water to boiling; add broccoli. Cook 1 minute; drain and rinse in cold water.

3 Stir broccoli and remaining ingredients into bulgur. Serve immediately, or cover and refrigerate up to 4 hours before serving.

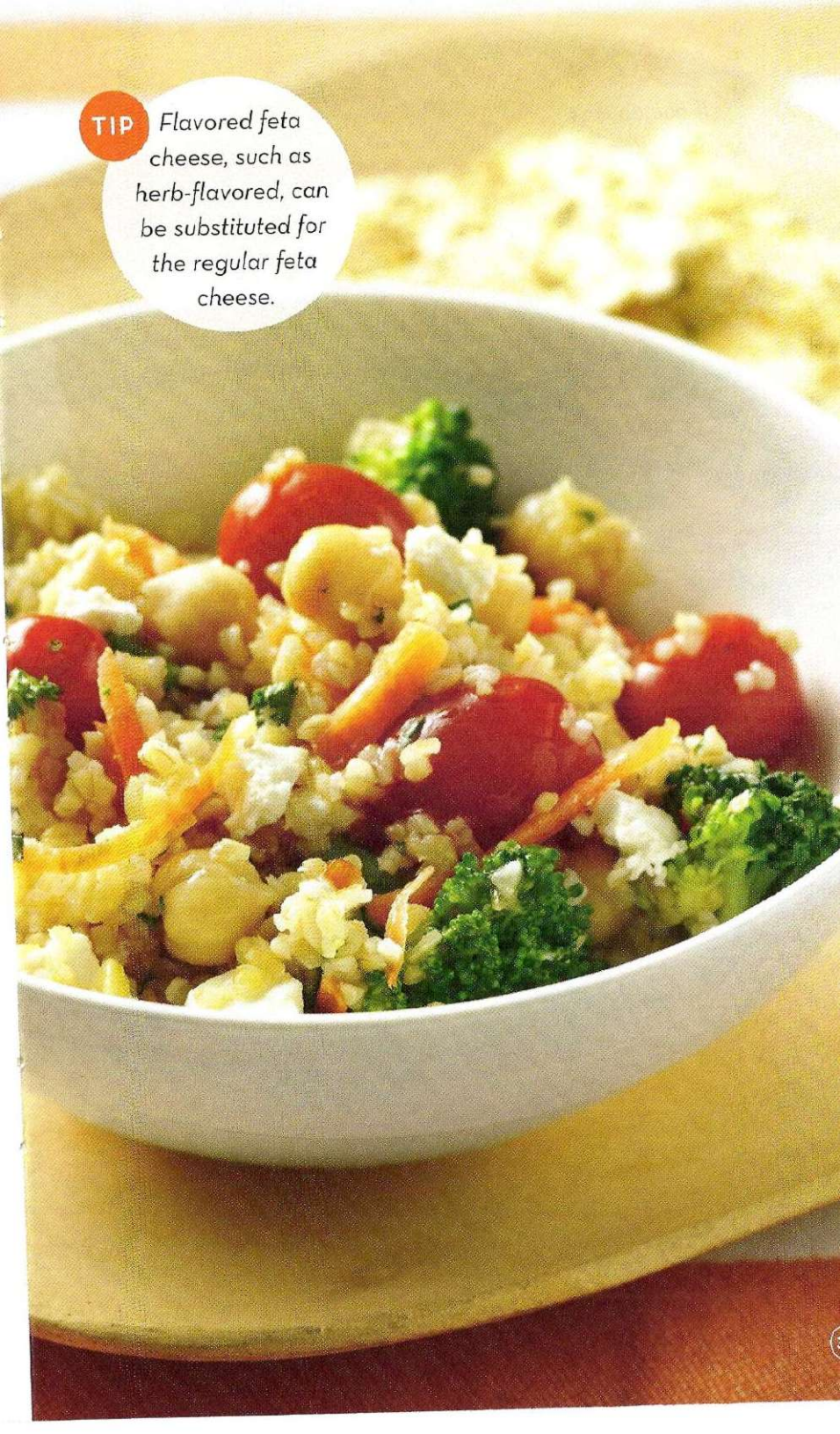
HIGH ALTITUDE (3500-6500 FT): No change.

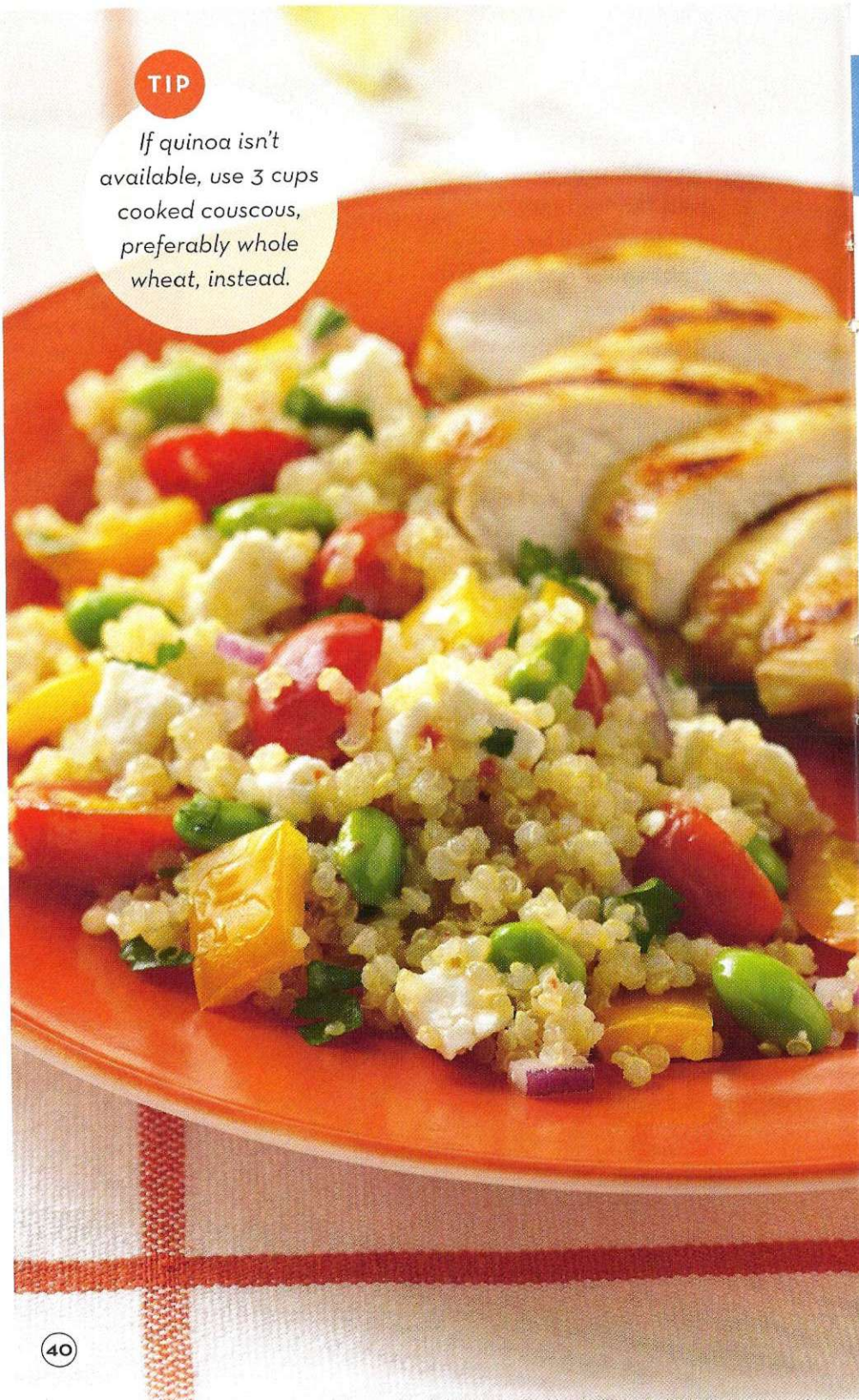
PER SERVING (¾ CUP EACH): Calories 190; Total Fat 7g; Sodium 360mg; Dietary Fiber 6g

EXCHANGES: 1½ Starch, 1½ Fat

CARBOHYDRATE CHOICES: 1½

Bulgur is whole wheat that has been cooked, dried and then broken into coarse fragments. You'll find it shelved along with the other grains at your grocery store.


TIP
Flavored feta cheese, such as herb-flavored, can be substituted for the regular feta cheese.



TIP

If quinoa isn't available, use 3 cups cooked couscous, preferably whole wheat, instead.

Confetti Quinoa Salad

PREP TIME: **20 MINUTES** START TO FINISH: **1 HOUR** **16 SERVINGS**

- 1 cup uncooked quinoa
- 2 cups water
- ½ teaspoon salt
- 1 bag (10 oz) Cascadian Farm® frozen organic shelled edamame
- 1 cup grape tomatoes, cut in half
- ¾ cup Italian or Greek vinaigrette dressing
- ¼ cup chopped red onion
- ½ cup crumbled feta cheese (2 oz)
- ¼ cup chopped fresh Italian (flat-leaf) parsley
- 1 yellow bell pepper, chopped

1 In 3-quart saucepan, heat quinoa, water and salt to boiling; reduce heat. Cover and simmer 15 to 20 minutes or until quinoa is tender. Cool at least 30 minutes.

2 Cook and drain edamame as directed on bag. Rinse with cold water to cool; drain.

3 In large serving bowl, toss quinoa, edamame and remaining ingredients. Serve immediately, or cover and refrigerate 1 to 2 hours before serving.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (ABOUT ½ CUP EACH): Calories 120; Total Fat 6g; Sodium 320mg; Dietary Fiber 2g

EXCHANGES: 1 Starch, 1 Fat
CARBOHYDRATE CHOICES: 1

Quinoa is a nutritional powerhouse!

It has a terrific balance of amino acids, and it is high in fiber, iron, phosphorus and magnesium. To top it off, it is one of the fastest-cooking whole grains.

QUICK EASY LOW FAT

Honey-Mustard Coleslaw with Apples

PREP TIME: 15 MINUTES START TO FINISH: 15 MINUTES 12 SERVINGS

- 1 bag (16 oz) coleslaw mix (8 cups)
- ½ cup chopped green onions (8 medium)
- 2 medium apples, cored and cut into matchstick pieces
- 1 cup light honey-mustard dressing

1 In large bowl, toss all ingredients.

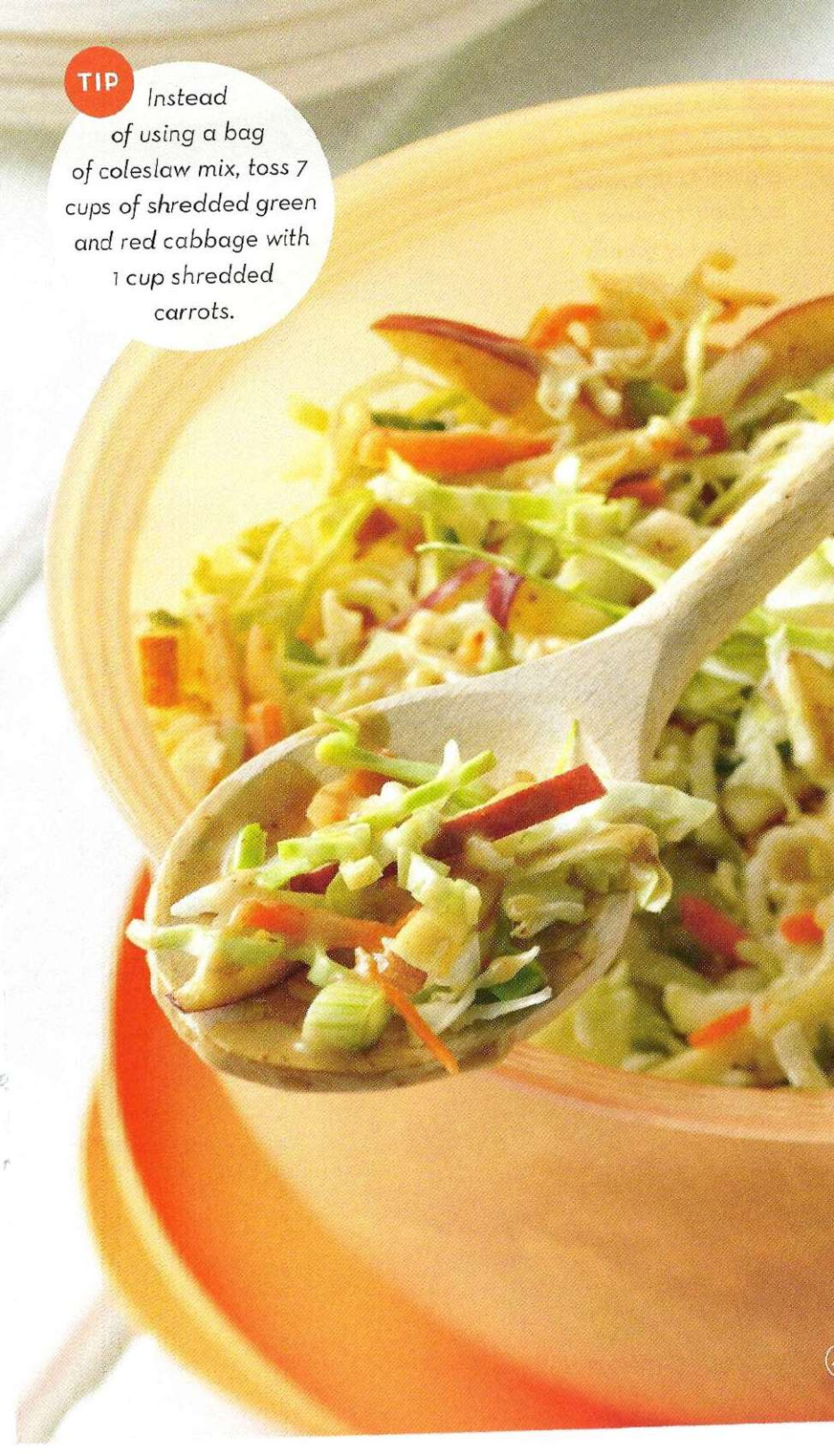
2 Serve immediately, or cover and refrigerate up to 24 hours before serving.

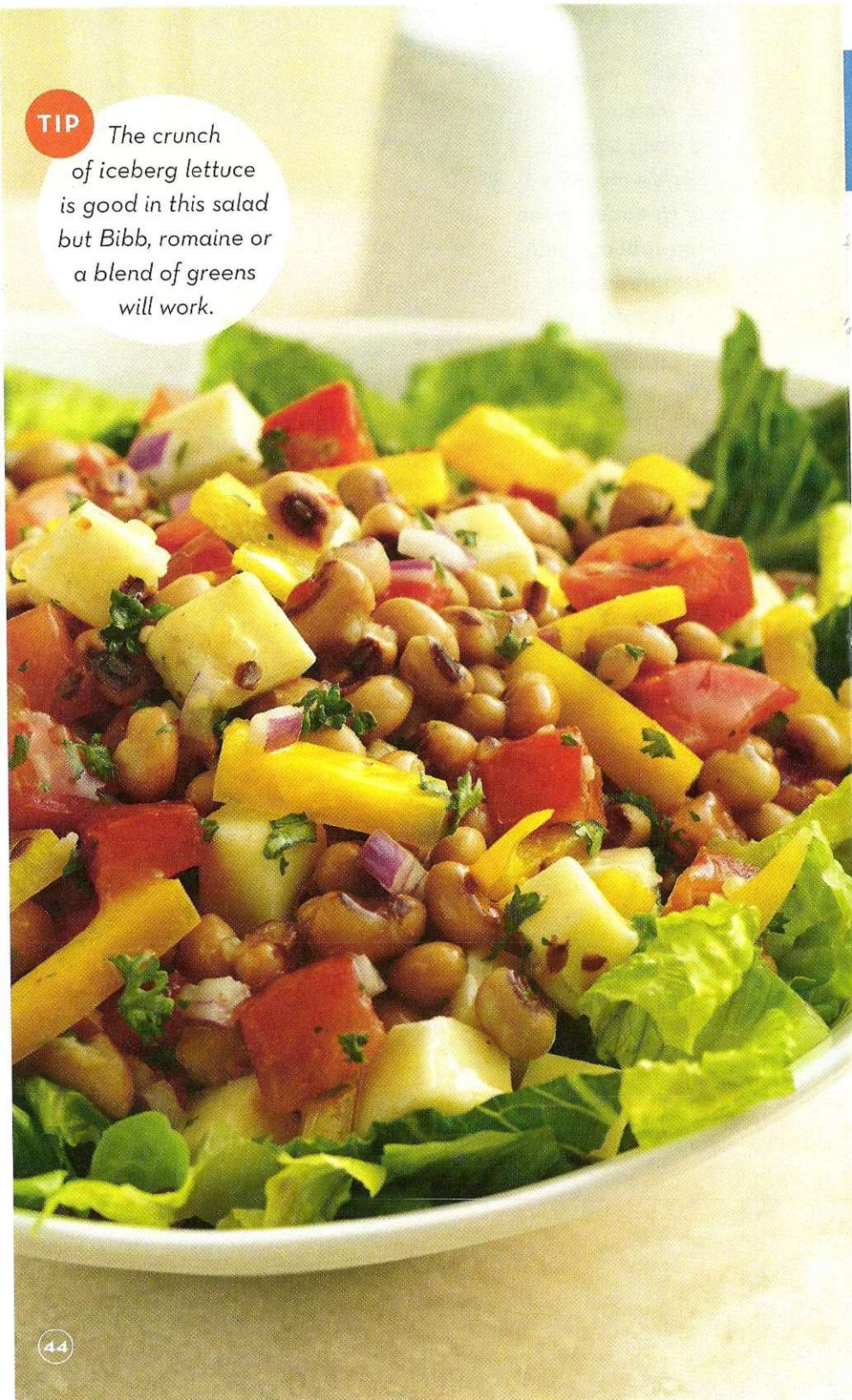
HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (¾ CUP EACH): Calories 80; Total Fat 2.5g; Sodium 210mg; Dietary Fiber 2g

EXCHANGES: ½ Other Carbohydrate, 1 Vegetable, ½ Fat
CARBOHYDRATE CHOICES: 1

Granny Smith apples make a perfect choice for this salad. Their tart flavor stands up well with the cabbage and dressing.


TIP
Instead of using a bag of coleslaw mix, toss 7 cups of shredded green and red cabbage with 1 cup shredded carrots.


TIP
The crunch of iceberg lettuce is good in this salad but Bibb, romaine or a blend of greens will work.

Black-Eyed Pea Salad Bowl

PREP TIME: 25 MINUTES START TO FINISH: 25 MINUTES 8 SERVINGS

- 2 cans (15 or 15½ oz each) black-eyed peas, drained, rinsed
- 8 oz Monterey Jack cheese, cubed
- 1 medium yellow bell pepper, cut into 1-inch-long julienne strips
- 1 medium tomato, coarsely chopped
- ⅓ cup chopped fresh parsley
- ¼ cup chopped red onion
- ½ cup reduced-calorie Italian dressing
- 5 cups torn lettuce

1 In medium bowl, gently mix all ingredients except lettuce. Refrigerate until serving time.

2 Just before serving in large bowl, place lettuce; spoon salad over lettuce. Stir just to combine.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (1⅓ CUPS EACH): Calories 260; Total Fat 12g; Sodium 560mg; Dietary Fiber 5g

EXCHANGES: 1 Starch, ½ Other Carbohydrate, 1½ Lean Meat, 1½ Fat

CARBOHYDRATE CHOICES: 1½

Cheddar cheese can be substituted for the Monterey Jack. Or, if an additional guest is coming, add 8 oz Cheddar cheese cubes to extend the salad.

Layered Summer Fruits with Creamy Lime Dressing

PREP TIME: **40 MINUTES** START TO FINISH: **40 MINUTES** **ABOUT 24 SERVINGS**

CREAMY LIME DRESSING

- 1 package (8 oz) cream cheese, softened
- ½ cup frozen limeade concentrate, thawed
- ¼ cup powdered sugar
- 1 cup whipping cream, whipped

FRUIT

- 3 cups cut-up cantaloupe
- 1 quart strawberries, quartered
- 2 ripe medium mangoes, seed removed, peeled and cut up
- 2 cups blueberries
- 2 cups cut-up honeydew melon
- Mint leaves, if desired

1 In medium bowl, beat cream cheese, limeade concentrate and powdered sugar with electric mixer on medium-high speed about 3 minutes or until smooth. Fold in whipped cream. Set aside.

2 In 3-quart trifle bowl, layer cantaloupe and strawberries. Spread half the cream cheese mixture over the strawberries. Layer mangoes, blueberries and honeydew over cream cheese mixture. Spread remaining cream cheese mixture on top. Garnish with mint leaves.

3 Serve immediately, or cover and refrigerate up to 2 hours before serving.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (½ CUP EACH): Calories 130; Total Fat 7g; Sodium 40mg; Dietary Fiber 1g

EXCHANGES: 1 Fruit, 1½ Fat
CARBOHYDRATE CHOICES: 1

Try strawberry fans as a garnish. Rinse large strawberries, leaving the stems attached. Cut each strawberry at about ⅛-inch intervals from the tip almost to the stem. Carefully spread the slices to look like fans.

TIP
To decrease prep time, look for cut-up cantaloupe and honeydew melon in your grocery store's produce section.

3

FRESH FROM THE GARDEN

These flavorful sides make good use of the season's bounty

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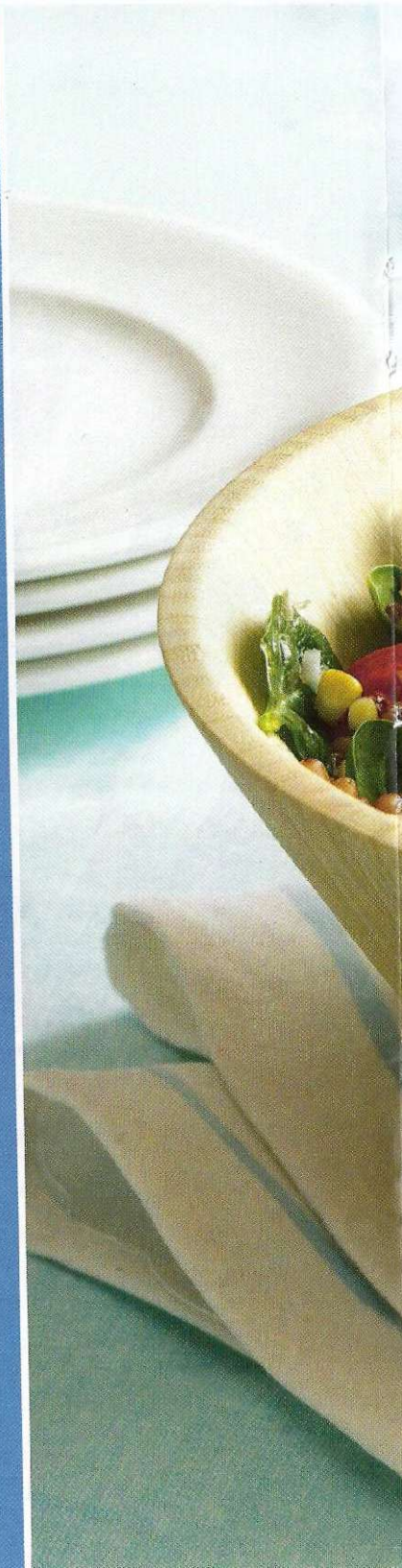
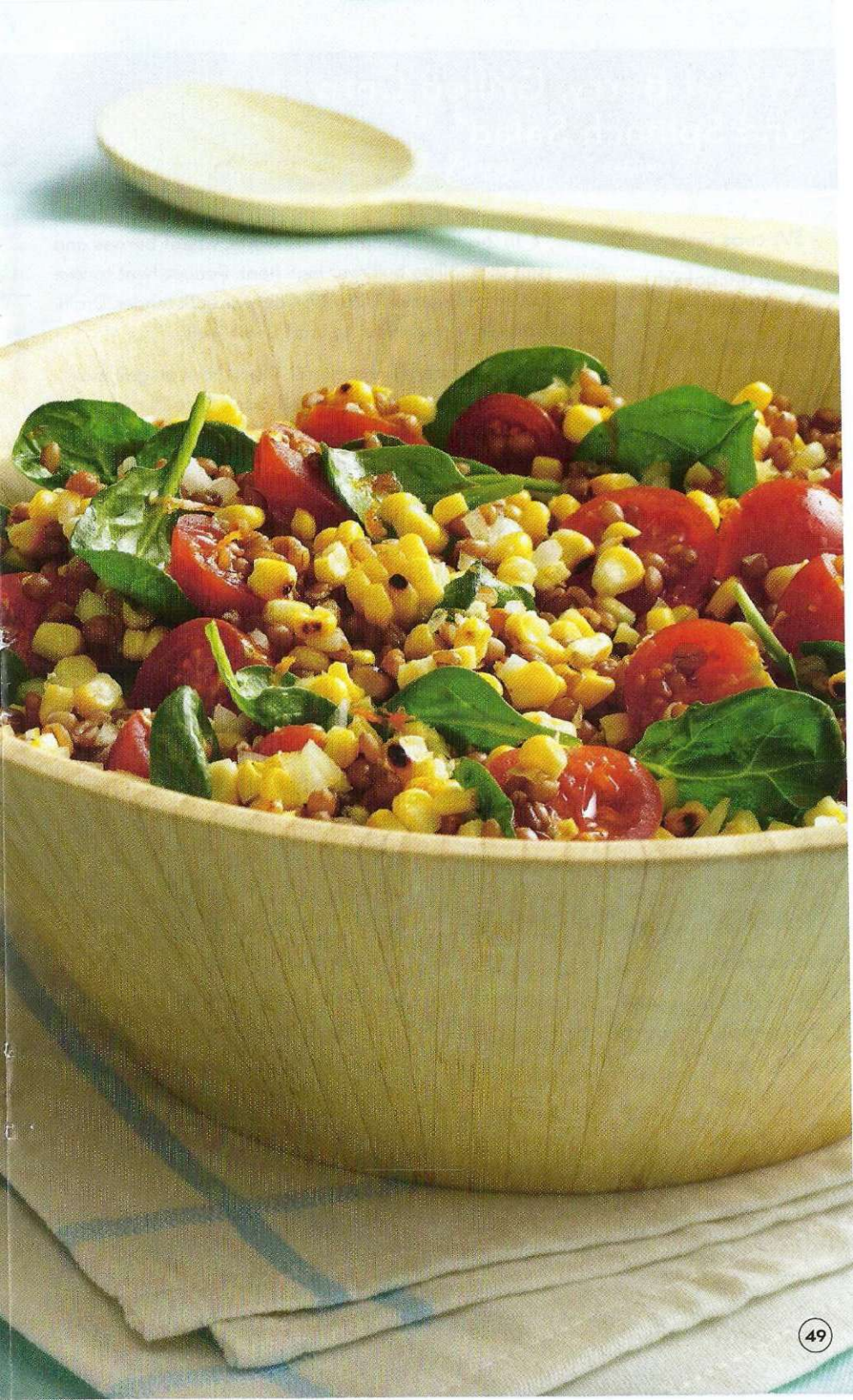
73 Broccoli and Tomatoes

74 Fresh Tomato Salsa





Wheat Berry, Grilled Corn and Spinach Salad

PREP TIME: **20 MINUTES** START TO FINISH: **2 HOURS** **6 SERVINGS**

- 3½ cups water
- 1 cup uncooked wheat berries
- ½ teaspoon salt
- 2 medium ears fresh sweet corn, husks and silk removed
- 1 cup cherry tomatoes, cut in half
- 2 cups baby spinach leaves
- ¼ cup chopped onion
- 2 tablespoons white vinegar
- 1 teaspoon grated orange peel
- 2 tablespoons orange juice
- 2 tablespoons vegetable oil
- 1 tablespoon honey
- 1 teaspoon salt
- ⅛ teaspoon ground red pepper (cayenne)

1 In 2-quart saucepan, heat water, wheat berries and salt to a rolling boil over high heat. Reduce heat to low; cover and simmer 1¼ to 1½ hours or until tender. Drain; rinse with cold water to cool. Drain well.

2 Heat gas or charcoal grill. Place corn on grill over medium-high heat. Cover grill; cook 12 to 15 minutes, turning frequently, until tender. Cool slightly; cut corn from ears to measure about 2 cups.

3 In large bowl, stir together wheat berries, corn, tomatoes, spinach and onion.

4 In 1-cup measuring cup, mix vinegar, orange peel, orange juice, oil, honey, salt and red pepper with wire whisk. Stir into wheat berry mixture. Let stand 15 minutes before serving.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (1 CUP EACH): Calories 180; Total Fat 6g; Sodium 610mg; Dietary Fiber 4g

EXCHANGES: 1½ Starch, 1 Fat

CARBOHYDRATE CHOICES: 2

TIP

Wheat berries can be cooked 1 day ahead. Just cover and refrigerate until ready to mix with remaining ingredients.

Easy Grilled Baked Potatoes

PREP TIME: **15 MINUTES** START TO FINISH: **30 MINUTES** **4 SERVINGS**

CHEESY BUTTER

- ¼ cup butter, softened
- ½ cup shredded Cheddar-American cheese blend (2 oz)
- 2 tablespoons chopped fresh parsley

POTATOES

- 4 medium baking or russet potatoes
- 1 tablespoon butter, melted
- ½ teaspoon seasoned salt
- ½ teaspoon garlic-pepper blend

1 Heat gas or charcoal grill. In small bowl, mix cheesy butter ingredients until blended. Refrigerate until serving time.

2 Pierce potatoes to allow steam to escape. Brush outside of potatoes with melted butter; sprinkle with seasoned salt. Place potatoes on microwavable plate or in shallow microwavable dish. Microwave on High 6 to 8 minutes, turning once, until fork-tender.

3 Place potatoes on grill over medium heat. Cover grill; cook 8 to 12 minutes, turning occasionally, until crisp and browned.

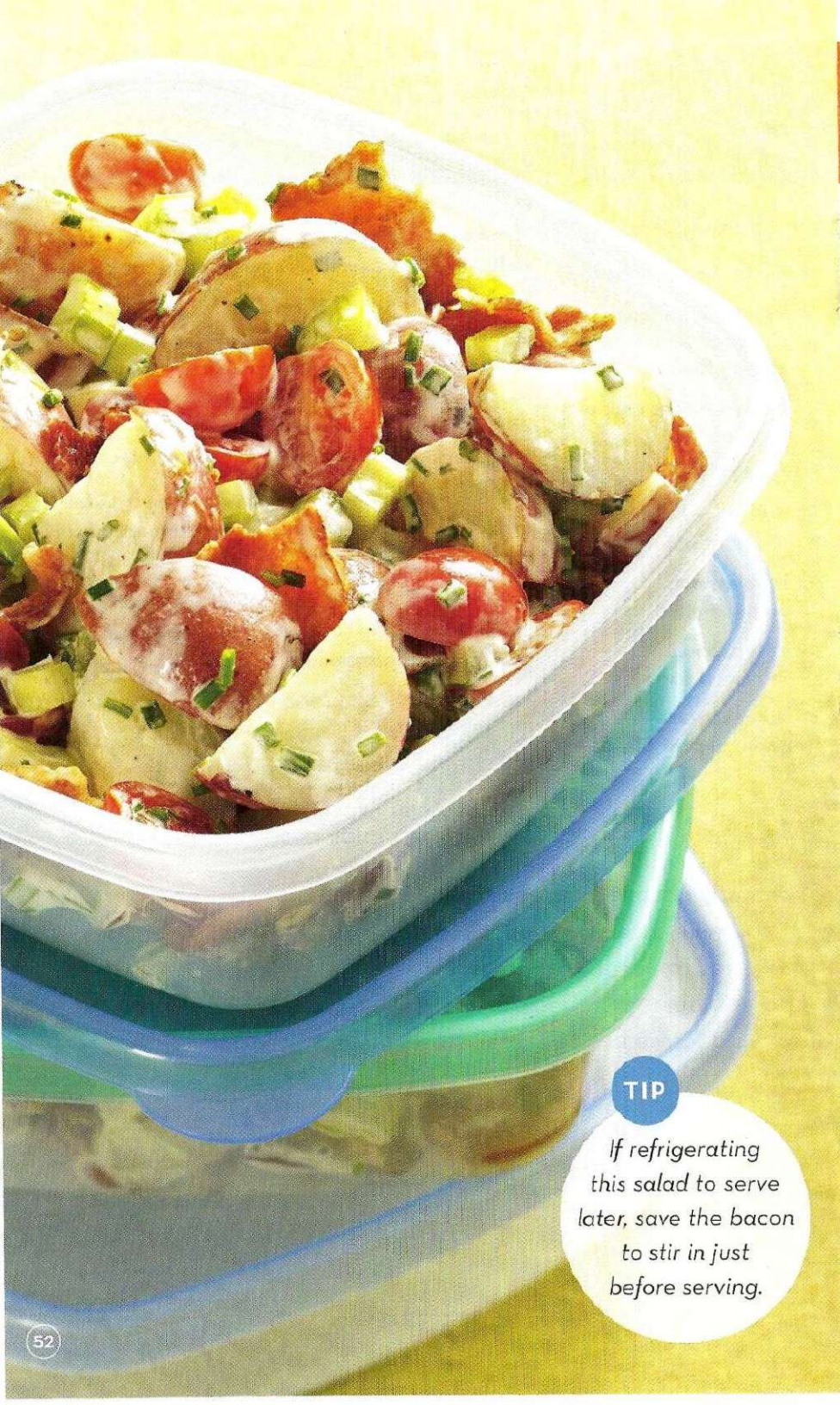
4 Cut large X in top of each baked potato; press sides slightly to fluff. Top each with cheesy butter; sprinkle with garlic-pepper blend.

HIGH ALTITUDE (3500-6500 FT): In step 3, grill over medium-low heat.

PER SERVING: Calories 360; Total Fat 19g; Sodium 380mg; Dietary Fiber 4g

EXCHANGES: 2½ Starch, 3½ Fat
CARBOHYDRATE CHOICES: 2½

Use any cheese that you like to make these easy potatoes. Why not try Cheddar, Colby, Swiss or a combination of mozzarella and Parmesan cheeses?



TIP

If refrigerating this salad to serve later, save the bacon to stir in just before serving.

Bacon-Ranch Potato Salad

PREP TIME: **15 MINUTES** START TO FINISH: **30 MINUTES** **9 SERVINGS**

- 1½ lb small red potatoes (about 10), quartered
- ½ teaspoon salt
- 1 cup grape tomatoes, cut in half
- ½ cup chopped celery
- ¼ cup chopped fresh chives or green onions
- ¼ cup cooked crumbled bacon or 6 slices packaged precooked bacon (from 2.2-oz package), chopped
- ½ cup ranch dressing

1 In Dutch oven or 5-quart saucepan, place potatoes and salt. Add water just to cover. Heat to boiling; reduce heat to low. Cover; simmer 10 to 15 minutes or until tender. Drain; rinse with cold water to cool. Drain well. Cool slightly.

2 Place potatoes in large bowl. Add tomatoes, celery, chives and bacon.

3 Stir in ranch dressing. Serve warm, or cover and refrigerate until ready to serve.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (ABOUT ¾ CUP EACH): Calories 140; Total Fat 8g; Sodium 300mg; Dietary Fiber 2g

EXCHANGES: 1 Starch, 1½ Fat
CARBOHYDRATE CHOICES: 1

Make this a **Bacon, Lettuce and Tomato Potato Salad** by spooning each serving into Bibb lettuce cups.

EASY

Roasted Beets and Nectarine Salad

PREP TIME: 10 MINUTES START TO FINISH: 1 HOUR 45 MINUTES 4 SERVINGS

SALAD

- 4 medium beets (about 1 lb)
- 4 cups mixed spring greens
- 2 nectarines, sliced
- ¼ cup crumbled chèvre (goat) cheese or Brie cheese (1 oz)
- 2 tablespoons walnuts, toasted*

DRESSING

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons orange juice
- 2 tablespoons finely chopped onion
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt

*To toast walnuts, sprinkle in ungreased heavy skillet. Cook over medium heat 5 to 7 minutes, stirring frequently until nuts begin to brown, then stirring constantly until nuts are light brown.

1 Heat oven to 425°F. Remove greens from beets, leaving about ½ inch of stem. Do not trim or cut root. Wash beets well. Tightly wrap beets in double layer of foil, and roast on cookie sheet 1 to 1¼ hours or until tender. When beets are cool enough to handle, peel them, discarding stems and root ends, then cut into ½-inch-wide wedges.

2 In small bowl, mix dressing ingredients with wire whisk.

3 In large bowl, toss half the dressing with mixed greens. Divide evenly among 4 salad plates. Arrange beets, nectarines, cheese and walnuts over each salad. Drizzle remaining dressing over each salad. Serve immediately.

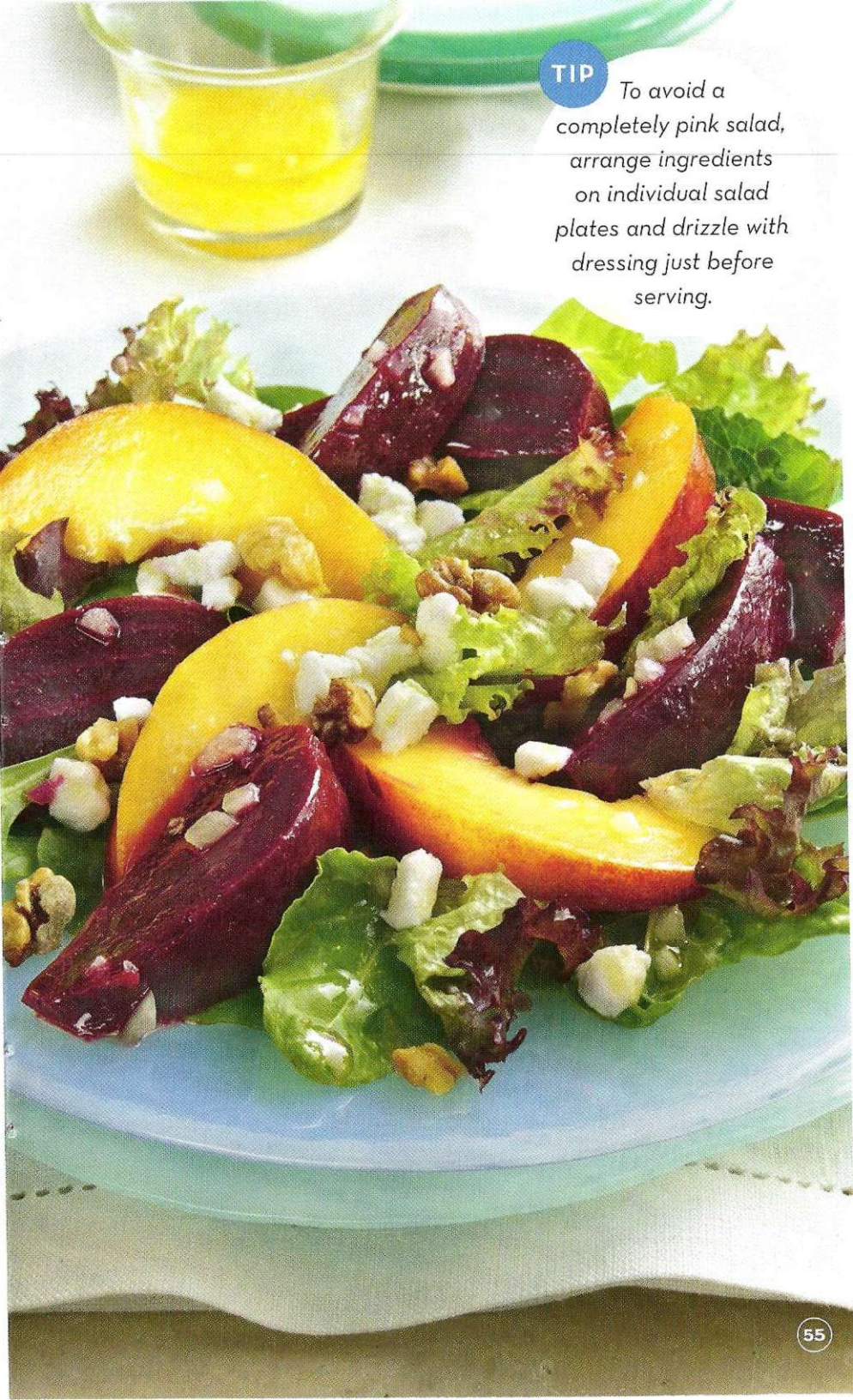
HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (1 CUP EACH): Calories 240; Total Fat 16g; Sodium 280mg; Dietary Fiber 5g

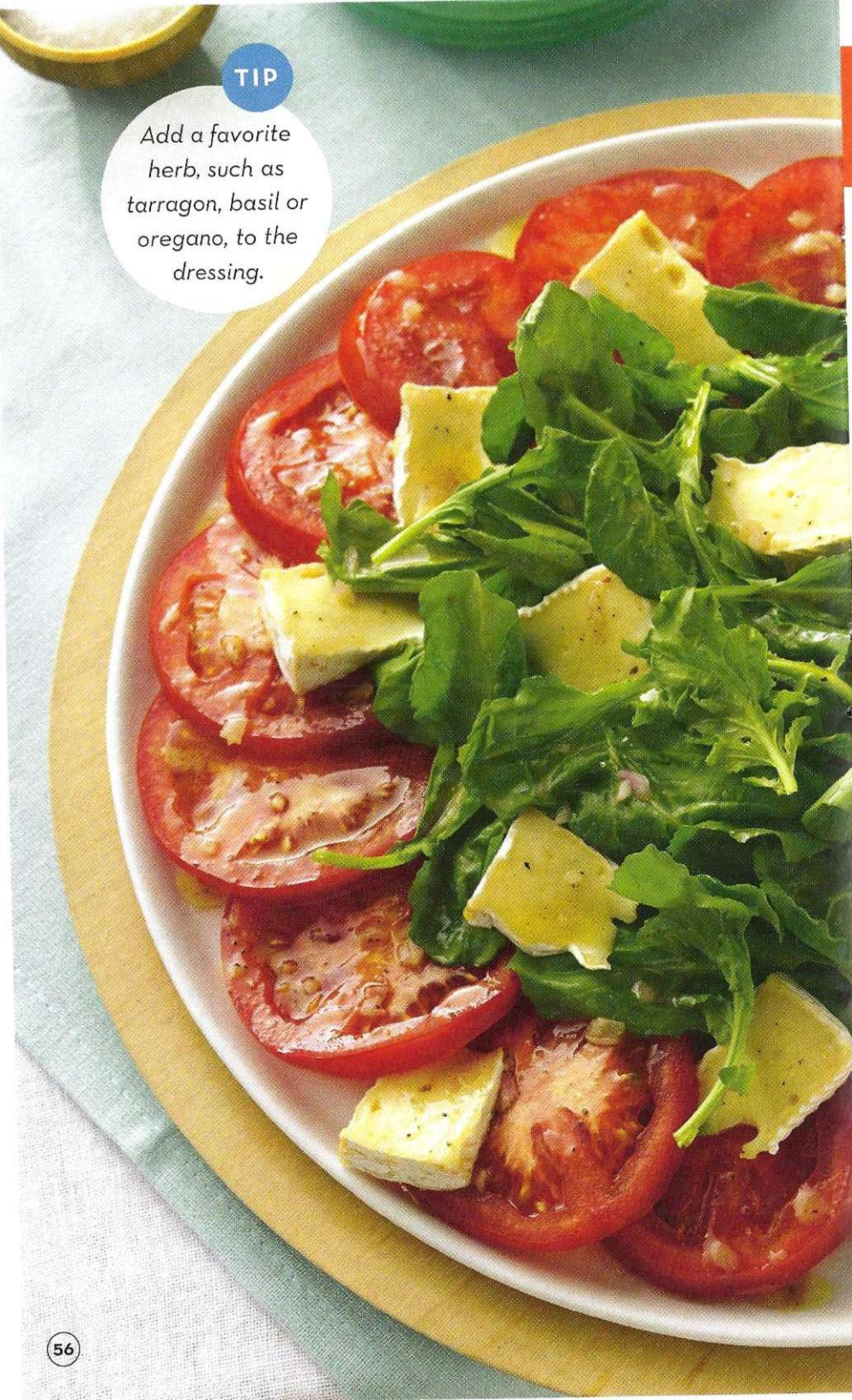
EXCHANGES: 1 Other Carbohydrate, 1 Vegetable, ½ High-Fat Meat, 2½ Fat

CARBOHYDRATE CHOICES: 1

Keep the leafy greens that you remove from the beets. These greens are **highly nutritious** and can be cooked and eaten as a side dish.



TIP *To avoid a completely pink salad, arrange ingredients on individual salad plates and drizzle with dressing just before serving.*


TIP
Add a favorite herb, such as tarragon, basil or oregano, to the dressing.

Brie, Lettuce and Tomato Salad

PREP TIME: **15 MINUTES** START TO FINISH: **15 MINUTES** **4 SERVINGS**

DRESSING

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon finely chopped shallots
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon pepper

SALAD

- 4 cups packed arugula or mixed greens (about 5 oz)
- 2 medium tomatoes, sliced
- 3 oz brie cheese, cut into bite-size pieces

1 In small bowl, mix dressing ingredients with wire whisk.

2 In large bowl, toss arugula with half of the dressing. Arrange sliced tomatoes on medium platter. Place arugula and brie around tomatoes; drizzle with remaining dressing. Serve immediately.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (ABOUT 1 CUP EACH): Calories 180; Total Fat 16g; Sodium 320mg; Dietary Fiber 1g

EXCHANGES: 1 Vegetable, ½ High-Fat Meat, 2½ Fat

CARBOHYDRATE CHOICES: 0

Make this salad extra special by using just-picked heirloom tomatoes; use sea salt and freshly ground black pepper in the dressing.

Fruited Jicama Salad

PREP TIME: **20 MINUTES** START TO FINISH: **20 MINUTES** **4 SERVINGS**

DRESSING

- 2 tablespoons fresh lime juice
- 1 tablespoon honey
- 2 teaspoons water
- ½ teaspoon poppy seed
- ½ teaspoon grated orange peel

SALAD

- 1 cup peeled jicama strips (1½ x ¼ x ¼ inch)
- 1 seedless orange, peeled, sectioned
- 1 medium apple, unpeeled, thinly sliced
- 1 can (8 oz) pineapple chunks in juice, drained
- Lettuce leaves, if desired

1 In small jar with tight-fitting lid, shake dressing ingredients. Set aside.

2 In medium bowl, mix all salad ingredients except lettuce. Pour dressing over salad; toss lightly to coat. Cover and refrigerate until serving time.

3 Serve on lettuce-lined salad plates.

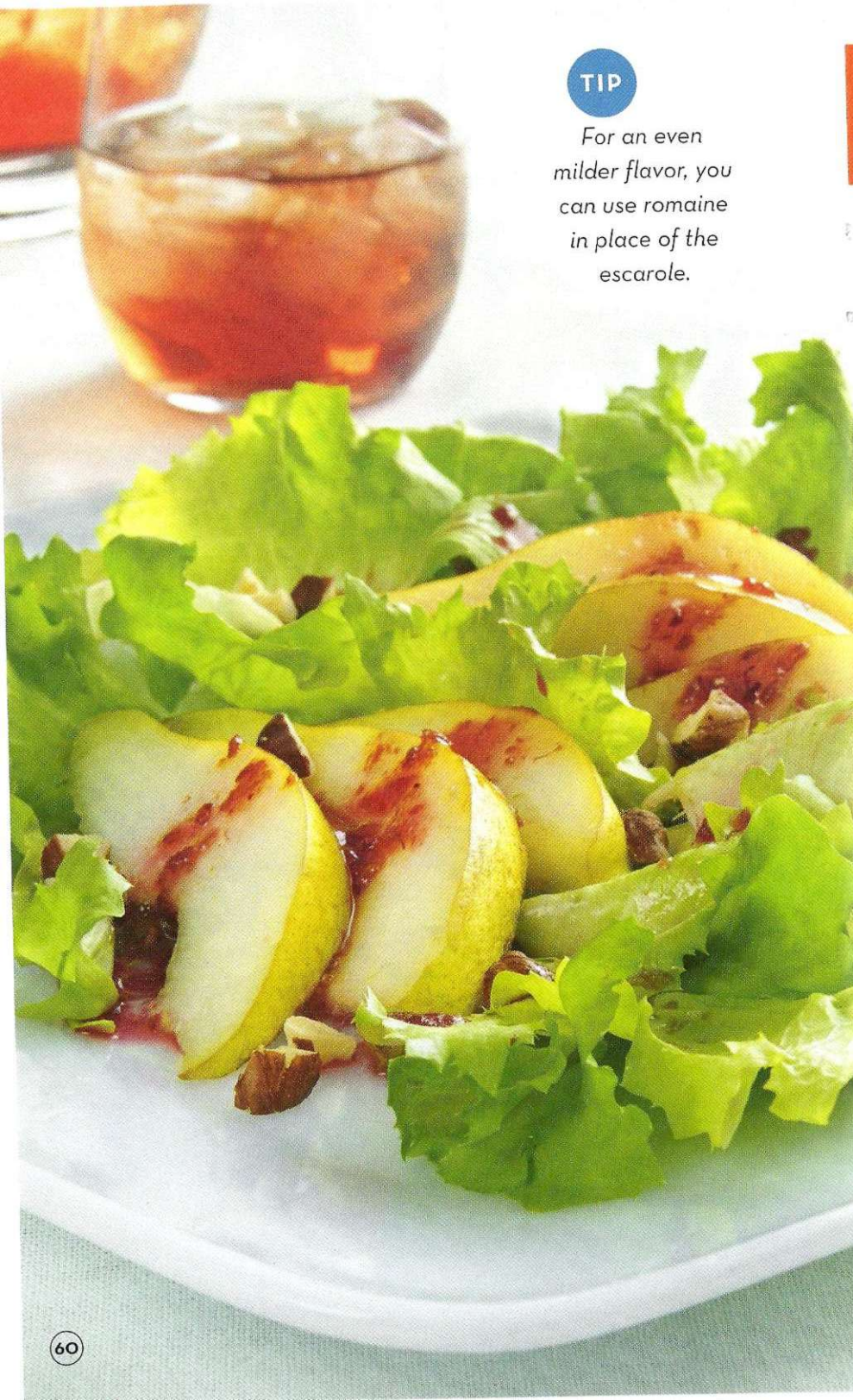
HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (1 CUP EACH): Calories 100; Total Fat 0g; Sodium 0mg; Dietary Fiber 4g

EXCHANGES: 1 Fruit, ½ Other Carbohydrate
CARBOHYDRATE CHOICES: 1½

Jicama is a large bulb-shaped root vegetable native to Mexico and South America. It is mildly sweet and very crunchy.

You should be able to get at least 2 tablespoons of juice from 1 medium lime.



TIP

For an even milder flavor, you can use romaine in place of the escarole.

Escarole-Pear Salad

PREP TIME: **15 MINUTES** START TO FINISH: **15 MINUTES** **6 SERVINGS**

DRESSING

- 3 tablespoons cider vinegar
- 3 tablespoons raspberry jam
- 1 tablespoon vegetable oil

SALAD

- 3 cups torn escarole or leaf lettuce
- 2 small pears, cored
- 1 tablespoon chopped hazelnuts (filberts)

1 In small jar with tight-fitting lid, shake dressing ingredients. Set aside.

2 Arrange escarole on 6 individual salad plates. Thinly slice pears; arrange slices over lettuce. Sprinkle hazelnuts over salads; drizzle with dressing. Serve immediately.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 90; Total Fat 3g; Sodium 5mg; Dietary Fiber 2g

EXCHANGES: 1 Other Carbohydrate, ½ Fat
CARBOHYDRATE CHOICES: 1

Escarole is one of three main varieties of endive. It has broad, slightly curved, pale green leaves and is the mildest of the endive family.

Peach-Berry Bellini Salad

PREP TIME: 15 MINUTES START TO FINISH: 1 HOUR 45 MINUTES 4 SERVINGS

- ¼ cup orange juice
- 3 tablespoons sugar
- 4 medium peaches (1 lb), peeled, pitted and cut into chunks
- 1 cup fresh raspberries or blackberries
- 2 cups sparkling wine or lemon-lime carbonated beverage

1 In large bowl, stir together orange juice and sugar. Stir in peaches and raspberries.

2 Divide fruit mixture evenly among four 6-oz custard cups. Cover; freeze at least 1 hour.

3 About 30 minutes before serving, remove custard cups from freezer. Let stand until slightly thawed. Transfer fruit mixture to four 8-oz champagne saucers or margarita glasses. Pour sparking wine over fruit. Serve immediately.

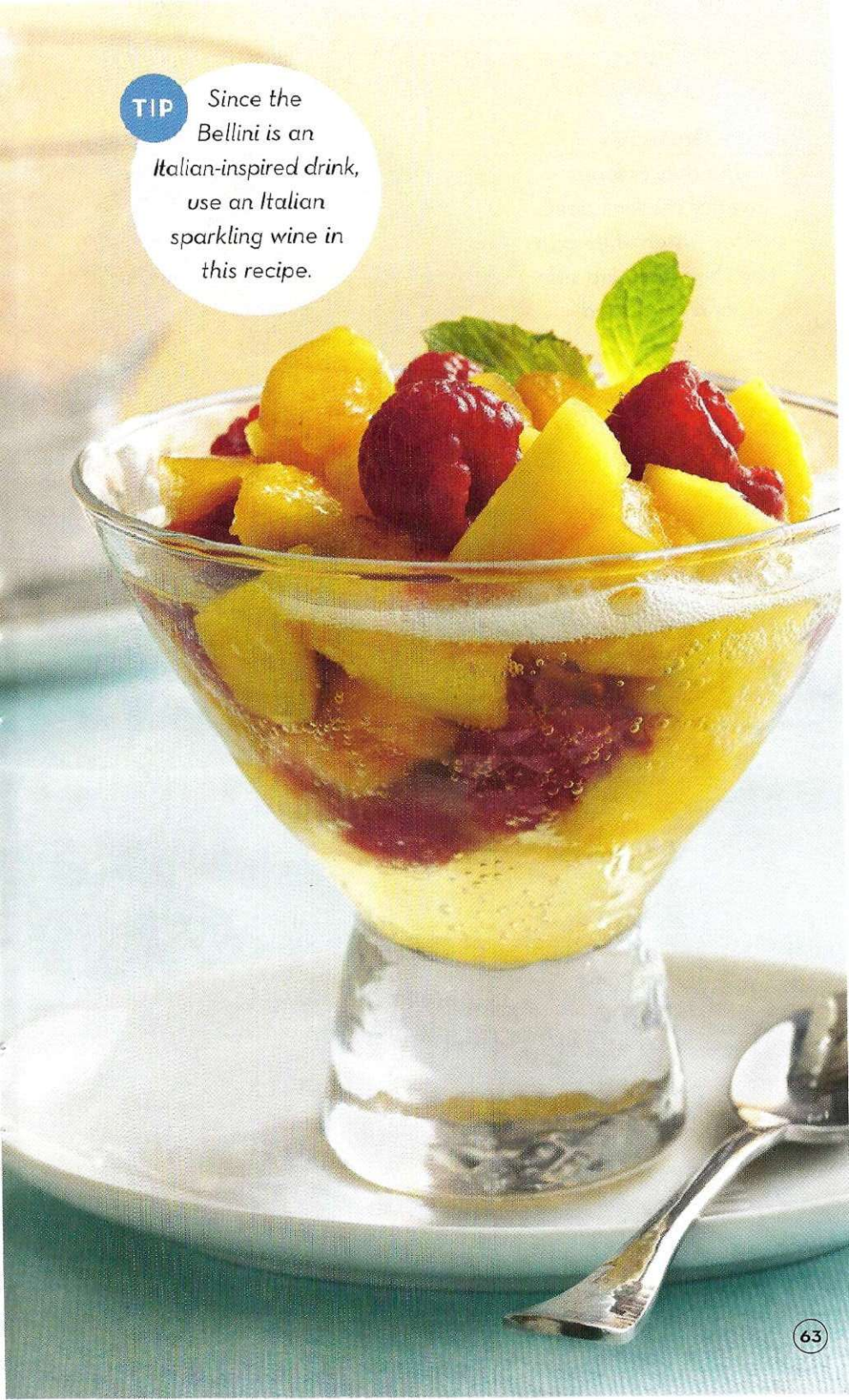
HIGH ALTITUDE (3500-6500 FT): No change.

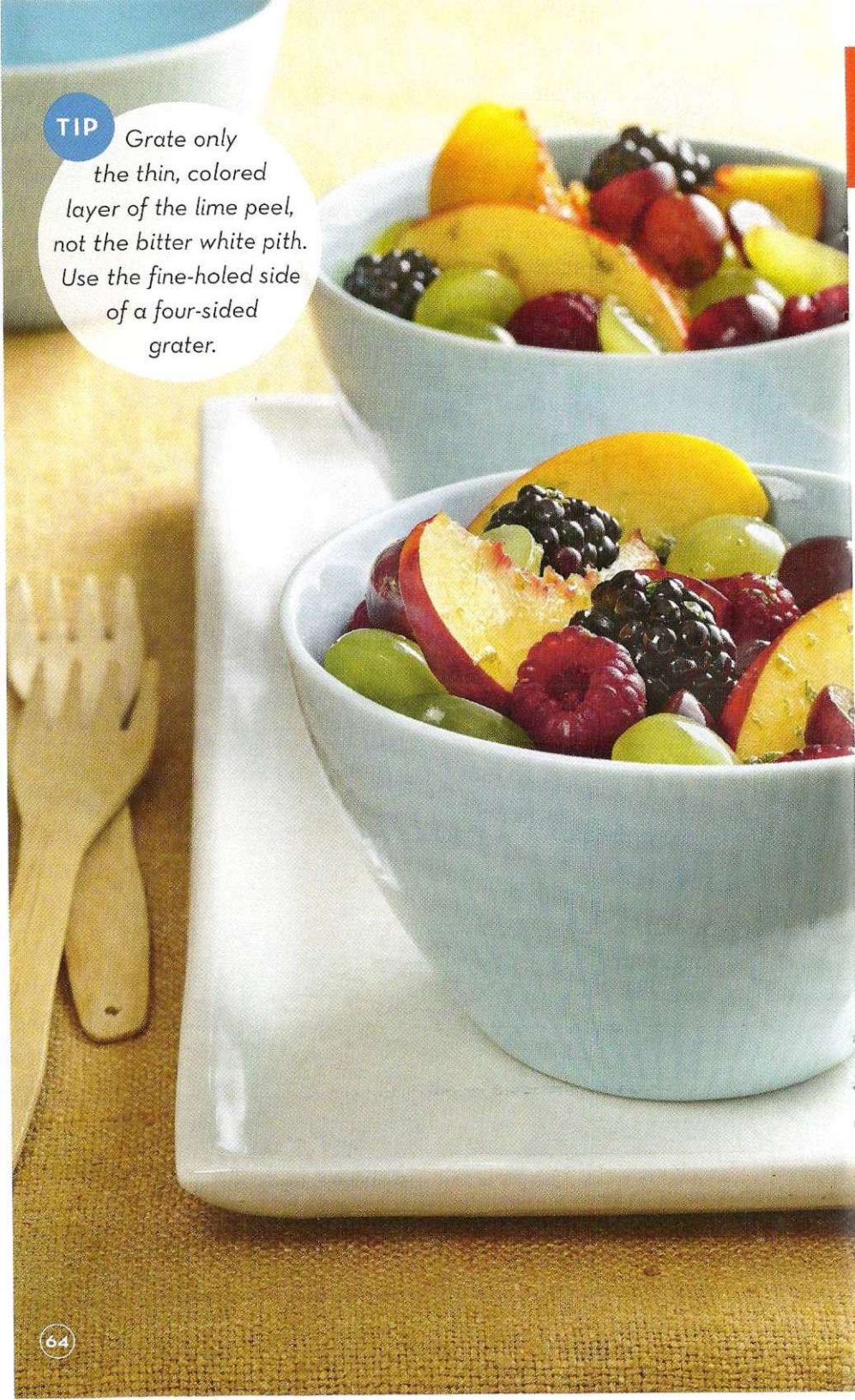
PER SERVING: Calories 230; Total Fat 0.5g; Sodium 5mg; Dietary Fiber 4g

EXCHANGES: 1 Fruit, 1 Other Carbohydrate, 2 Fat

CARBOHYDRATE CHOICES: 2

To partially thaw fruit quickly, microwave each custard cup uncovered on Defrost 30 to 60 seconds or until slushy.


TIP
Since the Bellini is an Italian-inspired drink, use an Italian sparkling wine in this recipe.


TIP
Grate only the thin, colored layer of the lime peel, not the bitter white pith. Use the fine-holed side of a four-sided grater.

Refreshing Ginger Fruit Salad

PREP TIME: **20 MINUTES** START TO FINISH: **1 HOUR 20 MINUTES** **8 SERVINGS**

- 1/3 cup ginger ale
- 1 tablespoon honey or light brown sugar
- 1/2 teaspoon grated lime peel
- 2 teaspoons fresh lime juice
- 2 nectarines, halved, pitted and sliced
- 1/2 cup seedless green grapes, halved
- 1/2 cup seedless red grapes, halved
- 1/2 cup fresh raspberries
- 1/2 cup fresh blackberries

1 In large bowl, mix ginger ale, honey, lime peel and lime juice.

2 Add remaining ingredients; stir gently to combine. Cover; refrigerate at least 1 hour before serving.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (1/2 CUP EACH): Calories 50; Total Fat 0g; Sodium 0mg; Dietary Fiber 2g

EXCHANGES: 1 Fruit
CARBOHYDRATE CHOICES: 1

Look for nectarines that are bright golden yellow with generous blushes of red. Ripe fruit will be slightly soft to the touch and fragrant. Nectarines will ripen at room temperature and should be refrigerated and used within 5 days.

Grilled Balsamic Vegetables

PREP TIME: **25 MINUTES** START TO FINISH: **25 MINUTES** **7 SERVINGS**

- 1 small eggplant (about ¾ lb), cut into 1-inch pieces
- 1 medium red bell pepper, cut into strips
- 1 yellow summer squash, cut diagonally into ½-inch slices
- ½ medium red onion, cut into ½-inch wedges
- ½ cup balsamic dressing
- 2 tablespoons finely shredded Parmesan cheese
- 3 tablespoons sliced fresh basil leaves

1 In large nonmetal dish or resealable food-storage plastic bag, mix vegetables and dressing; turn to coat.

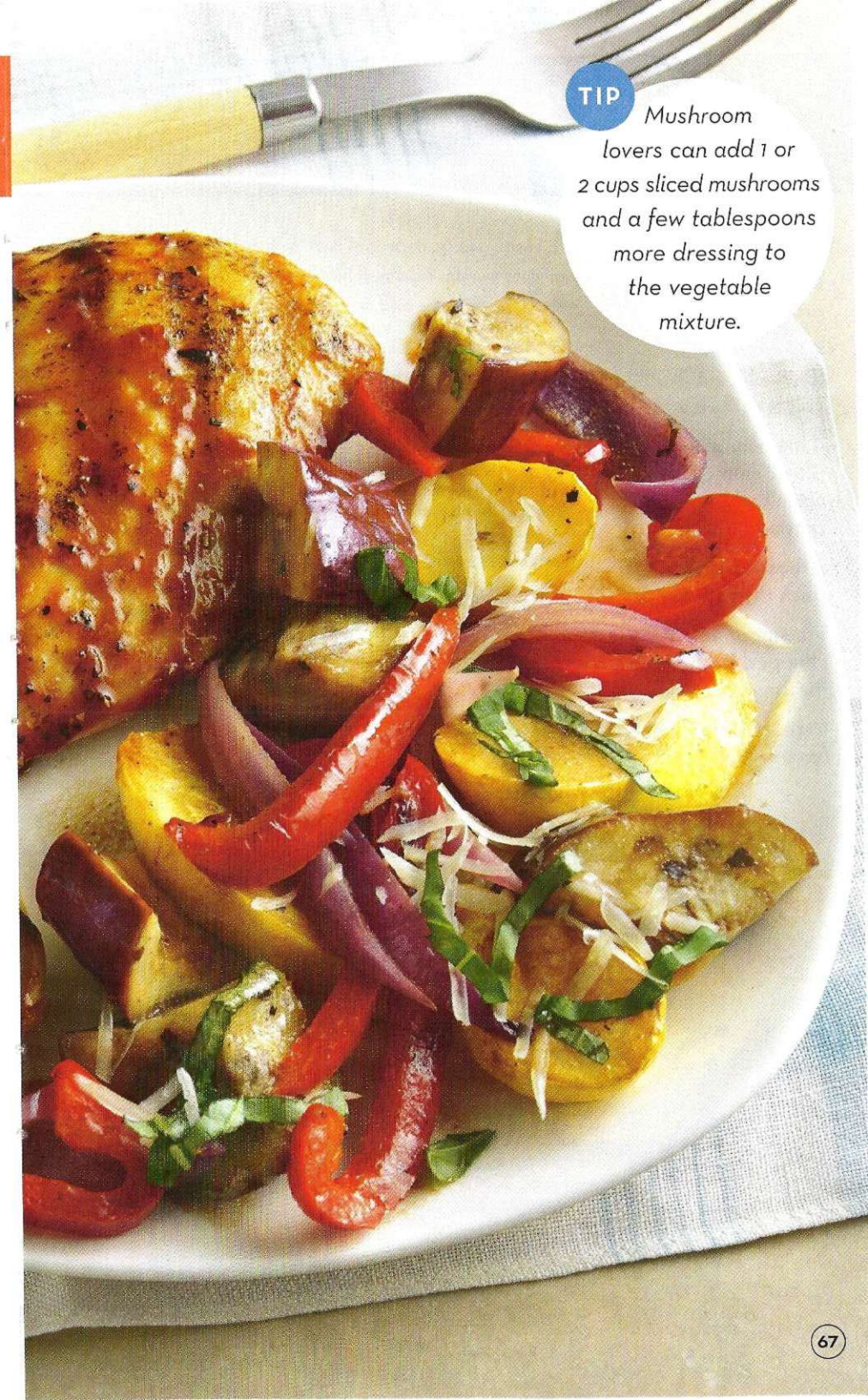
2 Heat gas or charcoal grill. Remove vegetables from marinade. Place vegetables in grill basket (grill "wok"). Place on grill over medium-high heat. Cover grill; cook 10 to 15 minutes, stirring occasionally, until crisp-tender.

3 Sprinkle with cheese and basil.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (1 CUP EACH): Calories 120; Total Fat 9g; Sodium 160mg; Dietary Fiber 2g
EXCHANGES: 1 Vegetable, 2 Fat
CARBOHYDRATE CHOICES: ½

For extra flavor and do-ahead convenience, refrigerate the bag of vegetables and dressing up to 4 hours before grilling.



TIP

Mushroom lovers can add 1 or 2 cups sliced mushrooms and a few tablespoons more dressing to the vegetable mixture.

Grilled Zucchini and Tomatoes

PREP TIME: **20 MINUTES** START TO FINISH: **20 MINUTES** **4 SERVINGS**

- 3 tablespoons olive oil
- 1/8 teaspoon ground cumin
- 4 small zucchini (5x1 inch), cut in half lengthwise
- 4 medium plum (Roma) tomatoes, cut in half lengthwise, seeded
- 2 teaspoons chopped fresh thyme leaves
- 1 teaspoon finely chopped fresh rosemary leaves
- 1/4 teaspoon kosher (coarse) salt

1 Heat gas or charcoal grill. In large bowl, mix olive oil and cumin. Add zucchini and tomatoes; sprinkle with thyme, rosemary and salt. Toss gently to coat.

2 Place vegetables, cut sides up, on grill over medium-high heat. Cover grill; cook 5 minutes. Turn vegetables over; cook 5 minutes longer or until crisp-tender.

HIGH ALTITUDE (3500-6500 FT): No change.

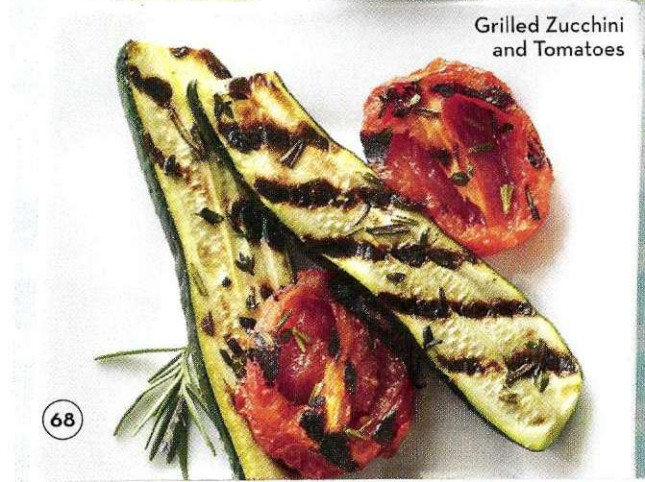
PER SERVING: Calories 130; Total Fat 10g; Sodium 85mg; Dietary Fiber 2g

EXCHANGES: 1 Vegetable, 2 Fat
CARBOHYDRATE CHOICES: 1/2

TIP

Serve the vegetables on a pretty platter, and garnish with fresh rosemary sprigs.

Grilled Zucchini and Tomatoes



Cheesy Grilled Zucchini and Tomatoes

FLAVOR TWIST

Grilling is one of the simplest ways to prepare veggies. Just mix with a little olive oil and grill. The heat from the grill draws out the natural sugars in the vegetables, softening and mellowing them to perfect tenderness. Another bonus—you can change their flavor almost as quickly as you change your mind.

Cheesy Grilled Zucchini and Tomatoes

After grilling, sprinkle ¼ cup grated Parmesan cheese over zucchini and tomatoes.

Italian Grilled Zucchini and Tomatoes

Omit cumin, thyme and rosemary. Drizzle zucchini and tomatoes with olive oil; sprinkle with 2 medium cloves garlic, finely chopped. Grill as directed. Sprinkle with 1 tablespoon fresh basil leaves, and drizzle with 2 teaspoons balsamic vinegar.

Italian Grilled Zucchini and Tomatoes

Grilled Corn-on-the-Cob with Herb Butter

PREP TIME: **40 MINUTES** START TO FINISH: **40 MINUTES** **8 SERVINGS**

- ½ cup butter, softened
- ⅓ cup chopped fresh chives
- 2 tablespoons chopped fresh basil leaves
- 2 tablespoons chopped fresh oregano leaves
- 8 medium ears fresh sweet corn with husks

1 In small bowl, mix butter, chives, basil and oregano. Cover and refrigerate until serving time.

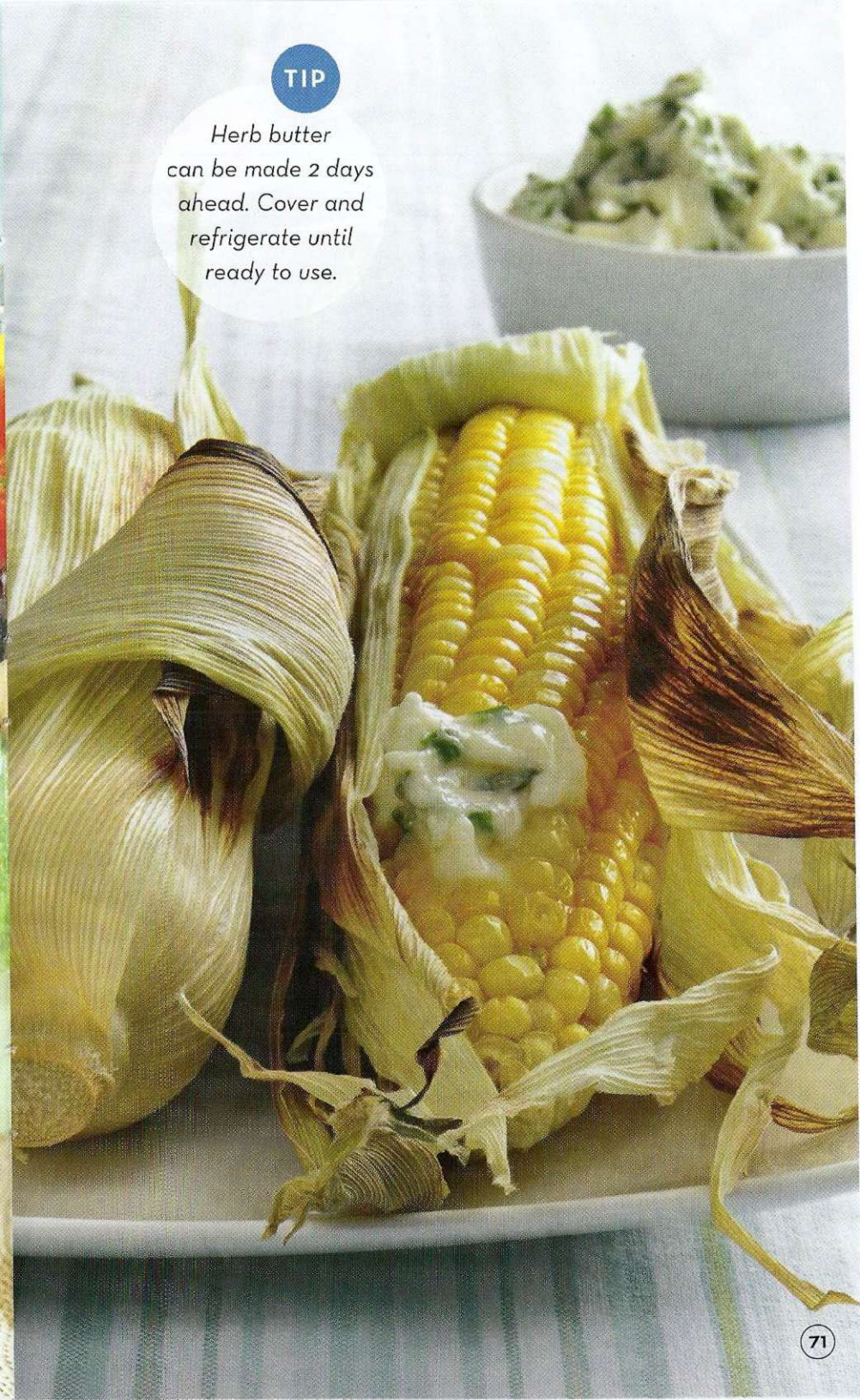
2 Heat gas or charcoal grill. Remove all but innermost husks from corn. Fold back inner husks and remove corn silk. Rewrap inner husks around corn. Place corn on grill over medium heat. Cover grill; cook 10 to 15 minutes or until corn is tender and husks are slightly brown. Serve immediately with herb butter.

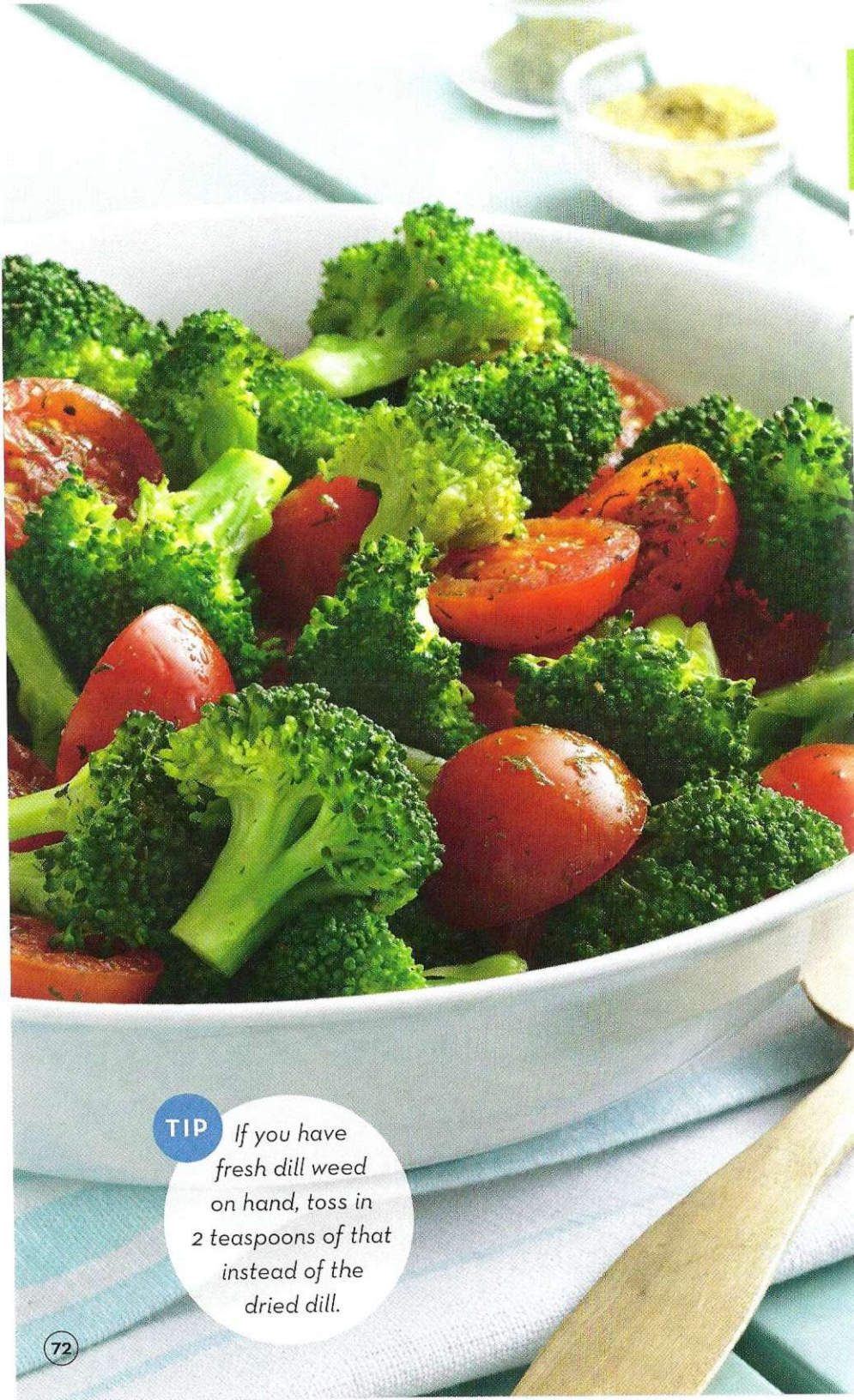
HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 230; Total Fat 13g; Sodium 100mg; Dietary Fiber 4g

EXCHANGES: 1 Starch, ½ Other Carbohydrate, 2½ Fat
CARBOHYDRATE CHOICES: 1½

Choose fresh corn that is bright yellow in color with firm kernels that are not shriveled. Use fresh corn within a day or two of purchase.


TIP
Herb butter can be made 2 days ahead. Cover and refrigerate until ready to use.



TIP *If you have fresh dill weed on hand, toss in 2 teaspoons of that instead of the dried dill.*

Broccoli and Tomatoes

PREP TIME: **10 MINUTES** START TO FINISH: **10 MINUTES** **6 SERVINGS**

- ½ cup water
- 4 cups bite-sized fresh broccoli florets
- 1 pint (2 cups) cherry tomatoes, halved
- ½ teaspoon dried dill weed
- ¼ teaspoon lemon-pepper seasoning

1 In 4-quart saucepan, heat water to boiling. Add broccoli; return to boiling.

2 Reduce heat; simmer over medium-low heat 4 to 6 minutes or until broccoli is crisp-tender. Add tomatoes; cook 1 minute. Drain; toss with dill and lemon-pepper seasoning.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (¾ CUP EACH): Calories 40; Total Fat 0g; Sodium 35mg; Dietary Fiber 2g
EXCHANGES: 1 Vegetable
CARBOHYDRATE CHOICES: ½

One 1-lb bag frozen cut broccoli **can be substituted** for the fresh broccoli. Prepare as directed on bag. Add tomatoes, and continue as directed above.

Fresh Tomato Salsa

PREP TIME: **20 MINUTES** START TO FINISH: **1 HOUR 20 MINUTES** **12 SERVINGS**

- 4 medium tomatoes, seeded, chopped (2 cups)
- 1 medium onion, chopped (½ cup)
- ½ cup chopped green bell pepper (½ medium)
- ½ cup chopped fresh cilantro
- 2 tablespoons lemon juice
- 1 tablespoon lime juice
- 1 large jalapeño chile, seeded, finely chopped (2 tablespoons)
- Tortilla chips, as desired

1 In medium nonmetal bowl, mix all ingredients except tortilla chips. Cover; refrigerate 1 to 2 hours to blend flavors.

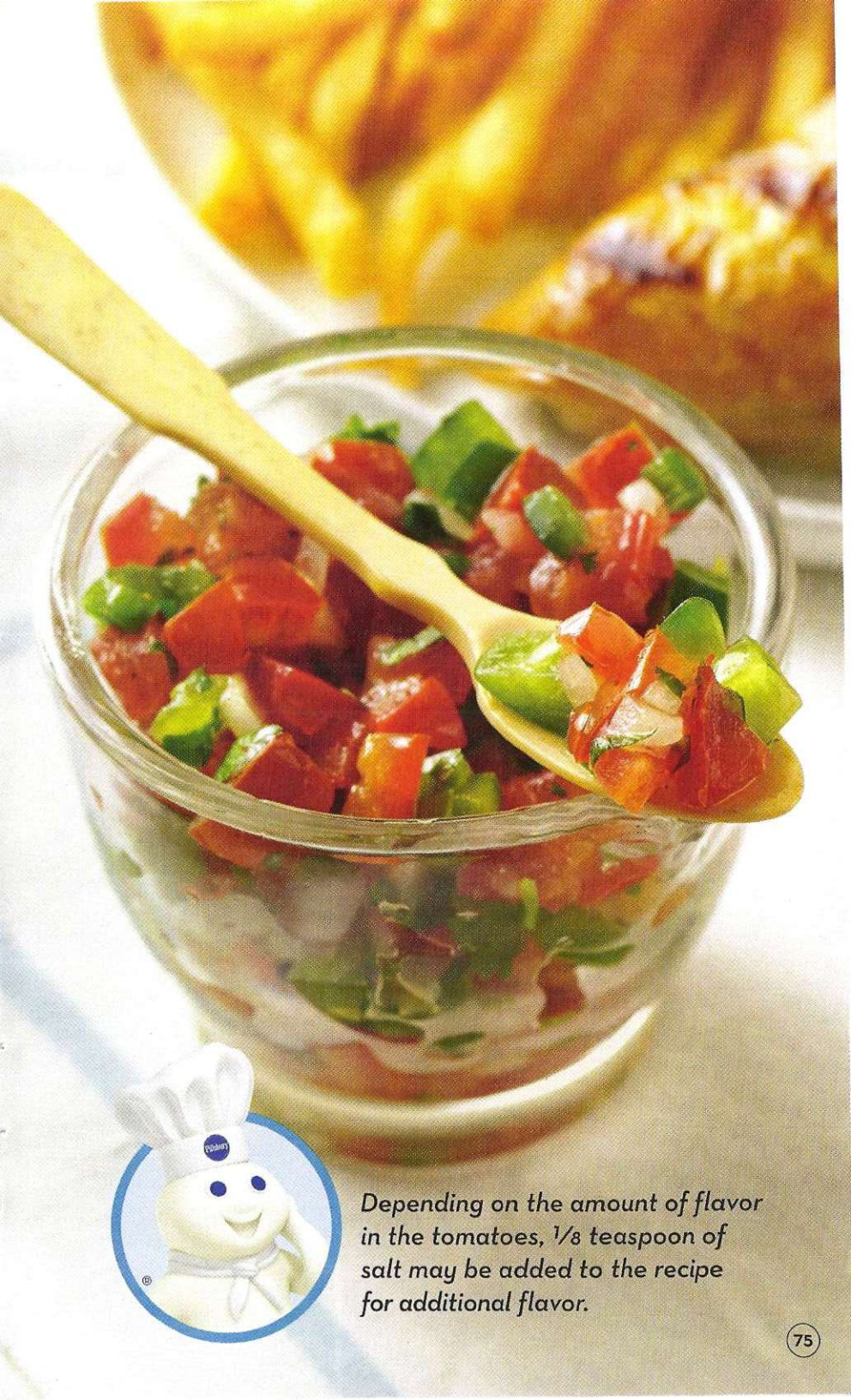
2 Serve with tortilla chips. Cover and refrigerate any remaining salsa up to 5 days.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (¼ CUP EACH): Calories 10; Total Fat 0g; Sodium 0mg; Dietary Fiber 0g

EXCHANGES: Free
CARBOHYDRATE CHOICES: 0

At only 10 calories per delicious serving, this salsa makes a terrific topper for chicken, a tasty dip for tortilla chips or a fabulous addition to an omelet.



Depending on the amount of flavor in the tomatoes, 1/8 teaspoon of salt may be added to the recipe for additional flavor.

4

SUMMER SMOOTHIES

Chill out with these refreshing "berry-licious" beverages

78 Blueberry-Pomegranate Smoothies ►

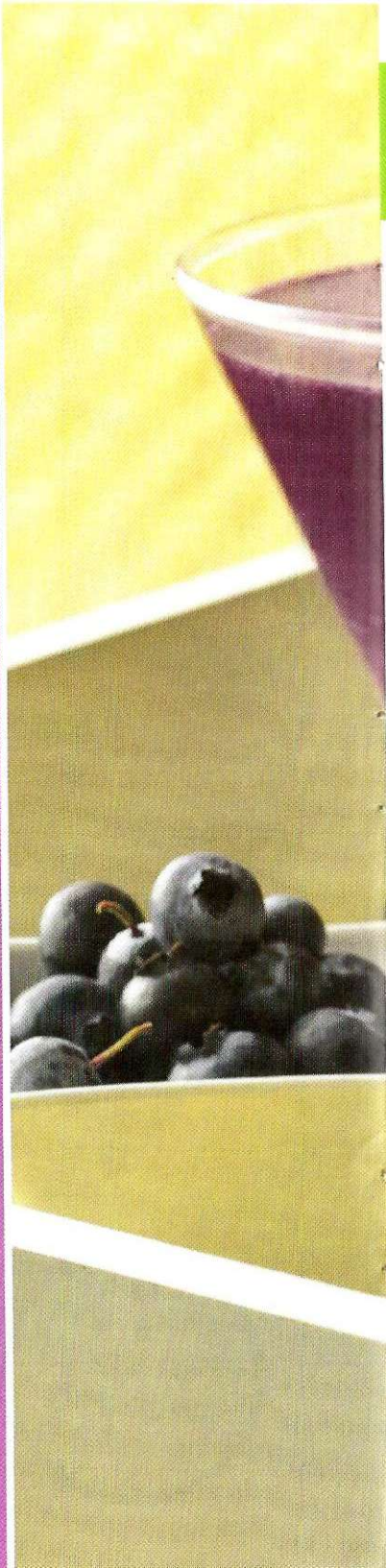
79 Peach-Berry Smoothies

81 Melon-Raspberry Smoothies

82 Summer's Bounty Smoothies

85 Raspberry-Peach Iced Tea Smoothies

86 Cappuccino Smoothies



QUICK EASY LOW FAT

Blueberry-Pomegranate Smoothies

PREP TIME: **5 MINUTES** START TO FINISH: **5 MINUTES** **2 SERVINGS**

- 1 cup frozen blueberries
- ½ cup pomegranate juice
- ½ cup soy milk

1 In blender or food processor, place all ingredients. Cover; blend on high speed about 1 minute or until smooth.

2 Pour into 2 glasses. Serve immediately.

HIGH ALTITUDE (3500-6500 FT): No change.

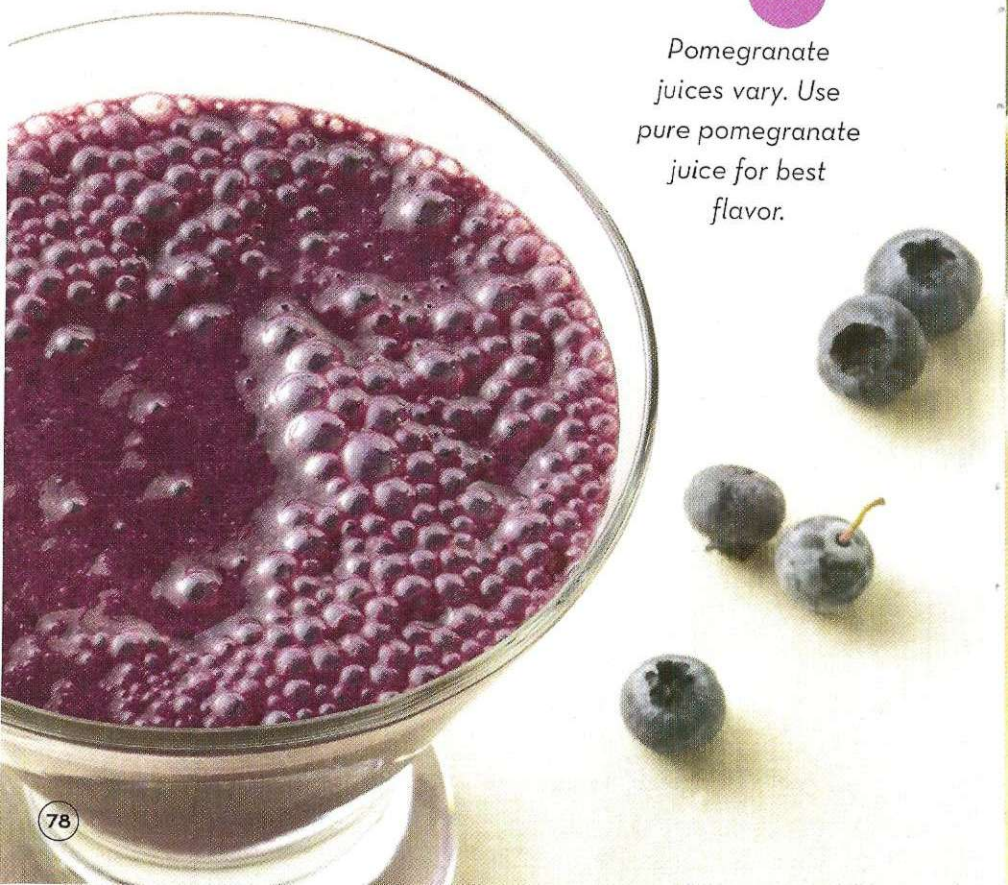
PER SERVING (¾ CUP EACH): Calories 140; Total Fat 2g; Sodium 40mg; Dietary Fiber 4g

EXCHANGES: 1 Starch, 1 Fruit
CARBOHYDRATE CHOICES: 2

Chill glasses in advance to keep this drink cold longer on a warm day.

TIP

Pomegranate juices vary. Use pure pomegranate juice for best flavor.



Peach-Berry Smoothies

PREP TIME: 10 MINUTES START TO FINISH: 10 MINUTES 4 SERVINGS

- 2 cups Yoplait® strawberry fat-free yogurt
- 1 cup sliced fresh or frozen peaches or nectarines
- 1 cup sliced fresh strawberries
- 1 cup crushed ice

1 In blender or food processor, place all ingredients. Cover; blend on high speed 30 to 60 seconds or until smooth.

2 Pour into 4 glasses. Serve immediately.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (1 CUP EACH): Calories 130; Total Fat 0g; Sodium 60mg; Dietary Fiber 3g

EXCHANGES: 1½ Other Carbohydrate, ½ Skim Milk
CARBOHYDRATE CHOICES: 2

Serve this **energizing fruit shake** as a quick breakfast or as an after-school snack.

TIP *Frozen whole strawberries, slightly thawed, can be substituted for the fresh.*

Blueberries can be substituted for the raspberries. Mango can be substituted for the cantaloupe or honeydew.

Melon-Raspberry Smoothies

PREP TIME: 5 MINUTES START TO FINISH: 5 MINUTES 2 SERVINGS

- 1 cup cubed cantaloupe or honeydew melon
- 1 cup fresh raspberries
- 1 container (6 oz) Yoplait® Original 99% Fat Free strawberry mango yogurt
- 2 tablespoons milk
- 1 tablespoon sugar

1 In blender or food processor, place all ingredients. Cover; blend on high speed 20 to 30 seconds or until smooth.

2 Pour into 2 glasses. Serve immediately.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (¾ CUP EACH): Calories 180; Total Fat 1.5g; Sodium 60mg; Dietary Fiber 4g

EXCHANGES: 1 Starch, 1 Fruit, ½ Other Carbohydrate
CARBOHYDRATE CHOICES: 2½

When purchasing fresh berries, make sure to look the package over carefully. The fruit on the bottom shouldn't be bruised, and the fruit should smell sweet, not musty. Store berries unwashed and loosely covered in the refrigerator.

Summer's Bounty Smoothies

PREP TIME: 10 MINUTES START TO FINISH: 10 MINUTES 2 SERVINGS

- 1 ripe banana, peeled, cut into chunks
- 1 ripe nectarine, peeled, pitted and quartered
- 4 to 5 large fresh strawberries, cut in half
- 1 cup strawberry frozen yogurt

1 In blender or food processor, place all ingredients. Cover; blend on high speed 20 to 30 seconds or until smooth.

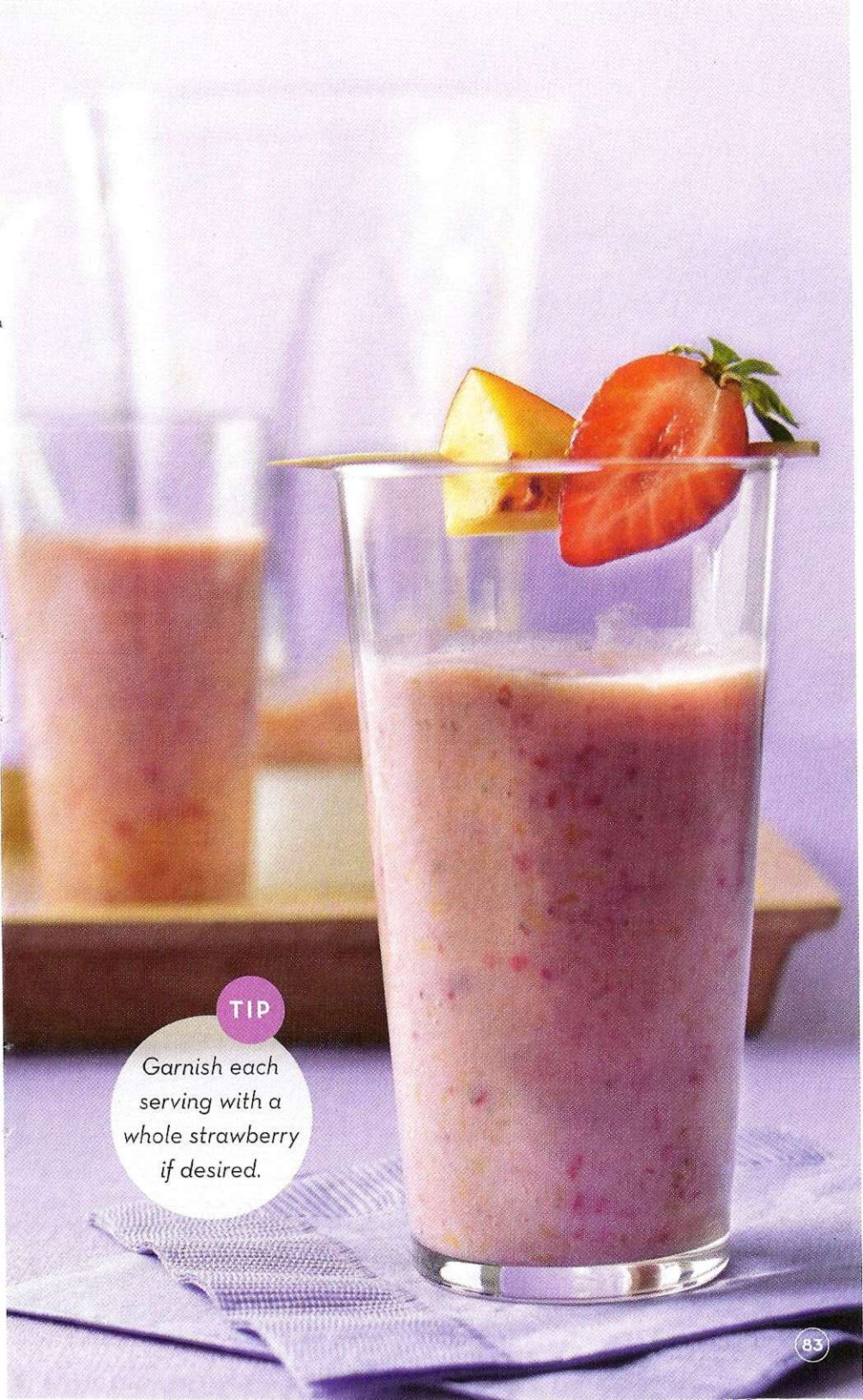
2 Pour into 2 glasses. Serve immediately.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (1 CUP EACH): Calories 240; Total Fat 2.5g; Sodium 75mg; Dietary Fiber 3g

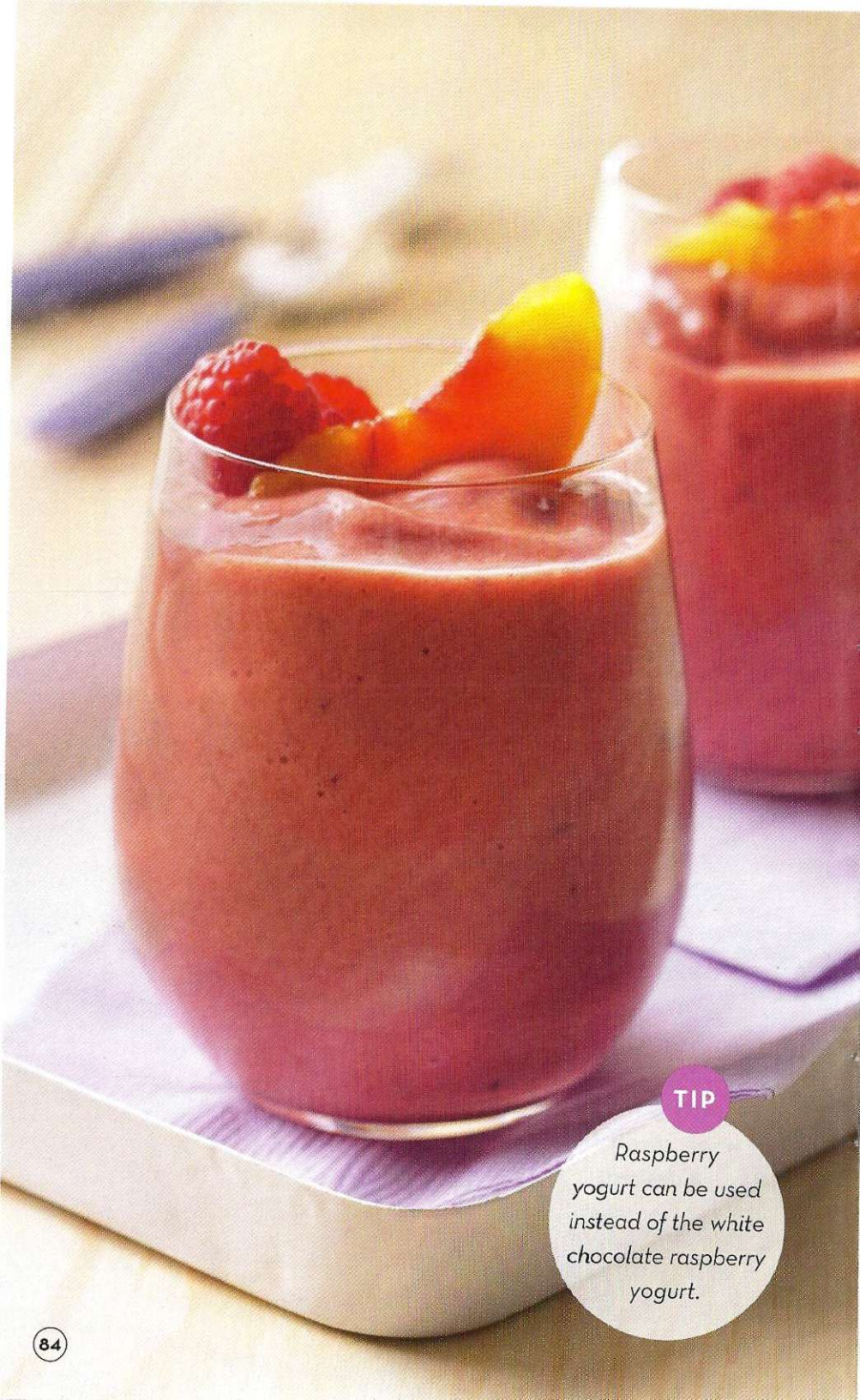
EXCHANGES: 2½ Fruit, 1 Skim Milk
CARBOHYDRATE CHOICES: 3

One tablespoon wheat germ or Fiber One® cereal **can be added to this recipe.**



TIP

Garnish each serving with a whole strawberry if desired.



TIP

Raspberry yogurt can be used instead of the white chocolate raspberry yogurt.

Raspberry-Peach Iced Tea Smoothies

PREP TIME: 5 MINUTES START TO FINISH: 5 MINUTES 4 SERVINGS

- 1 cup frozen whole raspberries without syrup (about 4½ oz)
- ¾ cup milk
- 2 tablespoons sugar-free low-calorie peach instant iced tea mix
- 1 container (6 oz) Yoplait® Original 99% Fat Free white chocolate raspberry yogurt
- 1 bag (16 oz) frozen sliced peaches without syrup, 4 slices reserved and thawed

1 In blender or food processor, place raspberries, milk, tea mix and yogurt. Cover; blend on high speed 10 to 20 seconds or until smooth.

2 Add half of the peach slices; cover and blend on high speed until smooth. Add remaining peaches; cover and blend until smooth. Pour into 4 glasses.

3 Garnish glasses with peach slices. Serve immediately.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING (ABOUT 1 CUP EACH): Calories 140; Total Fat 2g; Sodium 45mg; Dietary Fiber 5g

EXCHANGES: 1 Starch, 1 Fruit
CARBOHYDRATE CHOICES: 2

This smoothie **can also be served** in a small bowl as a refreshing dessert. Or sprinkle it with granola for a hearty breakfast treat.

Cappuccino Smoothies

PREP TIME: 10 MINUTES START TO FINISH: 10 MINUTES 4 SERVINGS

- 2 tablespoons instant coffee granules or crystals
- 2 tablespoons hot water
- 1 pint (2 cups) vanilla ice cream
- ¼ cup instant chocolate milk mix
- 1½ cups milk

1 In small bowl, mix instant coffee and hot water; stir until dissolved.

2 In blender or food processor, place coffee mixture and remaining ingredients. Cover; blend on medium speed about 20 seconds or until smooth.

3 Pour into 4 glasses or mugs. Serve immediately.

High Altitude (3500-6500 Ft): No change.

PER CUP (1 CUP EACH): Calories 240; Total Fat 10g; Sodium 120mg; Dietary Fiber 1g
EXCHANGES: 2 Starch, 2 Fat
CARBOHYDRATE CHOICES: 2

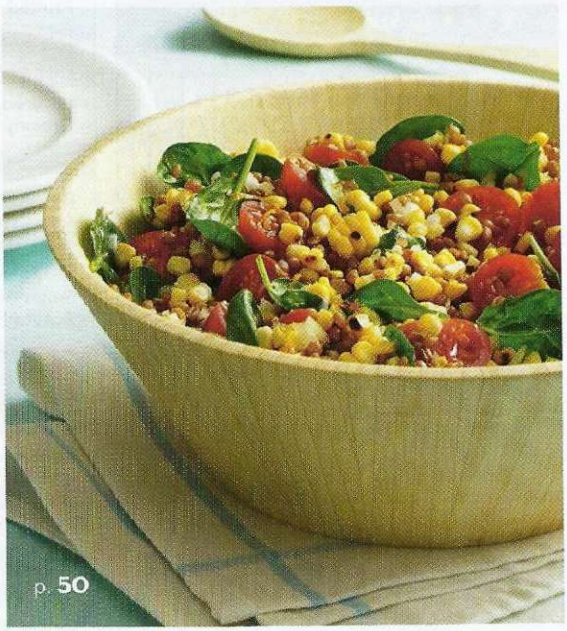
For a different flavor, try using coffee ice cream instead.

TIP *Sprinkle each serving with unsweetened baking cocoa.*

Nutrition Chart

RECIPE Per Serving	PAGE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGAR	PROTIEN
Chipotle Chicken Salad	6	420	12g	2g	0g	75mg	780mg	43g	12g	4g	36g
Tostada Chicken Salad	7	340	22g	5g	1.5g	75mg	700mg	15g	2g	4g	21g
Rotisserie Chicken Salad with Cherries and Gorgonzola	9	360	25g	6g	0g	70mg	1110mg	10g	2g	6g	24g
Turkey and Rice Salad	10	240	12g	2.5g	0g	45mg	420mg	20g	3g	7g	16g
Grilled Flank Steak Salad with Parmesan Crisps	13	440	29g	6g	0g	90mg	700mg	6g	3g	3g	39g
Thai Beef-Noodle Salad	14	340	14g	2.5g	0g	55mg	1170mg	27g	3g	8g	27g
Smoked Salmon-Avocado Sushi Salad	17	290	8g	1.5g	0g	0mg	480mg	45g	3g	6g	9g
Garden Bounty Fontina Salad	18	240	18g	5g	0g	25mg	290mg	11g	2g	3g	8g
Grilled Salmon Caesar Salad	21	390	27g	6g	0g	80mg	640mg	7g	2g	2g	28g
Italian Bean and Tuna Salad	22	270	6g	1g	0g	10mg	530mg	33g	8g	4g	20g
Buffalo Shrimp Salad	25	290	19g	3g	0g	170mg	1110mg	10g	2g	2g	19g
Layered Caribbean Chicken Salad	28	240	11g	2g	0g	35mg	230mg	21g	5g	9g	15g
Super-Simple Picnic Potato Salad	29	200	13g	2g	0g	70mg	350mg	17g	2g	2g	3g
Crunchy Asian Chicken Salad	30	390	19g	4g	1.5g	50mg	850mg	34g	3g	14g	21g
Greek-Style Pasta Salad	33	340	23g	6g	0g	25mg	710mg	24g	2g	3g	9g
Grilled Bell Pepper Panzanella Salad	34	230	14g	4.5g	0g	20mg	390mg	18g	2g	6g	7g
Bruschetta-Style Tortellini Salad	37	280	11g	4.5g	0g	35mg	510mg	31g	2g	4g	13g
Mediterranean Vegetable Bulgur Salad	38	190	7g	2g	0g	10mg	360mg	25g	6g	3g	7g
Confetti Quinoa Salad	41	120	6g	1g	0g	0mg	320mg	12g	2g	4g	4g
Honey-Mustard Coleslaw with Apples	42	80	2.5g	0g	0g	0mg	210mg	12g	2g	8g	0g
Black-Eyed Pea Salad Bowl	45	260	12g	6g	0g	25mg	560mg	23g	5g	3g	14g
Layered Summer Fruits with Creamy Lime Dressing	46	130	7g	4g	0g	20mg	40mg	15g	1g	12g	1g
Wheat Berry, Grilled Corn and Spinach Salad	50	180	6g	1g	0g	0mg	610mg	27g	4g	6g	4g
Easy Grilled Baked Potatoes	51	360	19g	12g	0.5g	55mg	380mg	37g	4g	2g	8g
Bacon-Ranch Potato Salad	53	140	8g	1.5g	0g	5mg	300mg	15g	2g	2g	2g
Roasted Beets and Nectarine Salad	54	240	16g	4g	0g	10mg	280mg	19g	5g	12g	6g
Brie, Lettuce and Tomato Salad	57	180	16g	5g	0g	20mg	320mg	4g	1g	2g	5g
Fruited Jicama Salad	58	100	0g	0g	0g	0mg	0mg	24g	4g	18g	1g
Escarole-Pear Salad	61	90	3g	0g	0g	0mg	5mg	15g	2g	10g	0g

RECIPE Per Serving	PAGE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGAR	PROTIEN
Peach-Berry Bellini Salad	62	230	0.5g	0g	0g	0mg	5mg	32g	4g	28g	2g
Refreshing Ginger Fruit Salad	65	50	0g	0g	0g	0mg	0mg	12g	2g	10g	0g
Grilled Balsamic Vegetables	66	120	9g	1.5g	0g	0mg	160mg	8g	2g	4g	2g
Grilled Zucchini and Tomatoes	68	130	10g	1.5g	0g	0mg	85mg	6g	2g	3g	2g
Grilled Corn-on-the-Cob with Herb Butter	70	230	13g	8g	0g	30mg	100mg	25g	4g	3g	3g
Broccoli and Tomatoes	73	40	0g	0g	0g	0mg	35mg	6g	2g	3g	2g
Fresh Tomato Salsa	74	10	0g	0g	0g	0mg	0mg	1g	0g	0g	0g
Blueberry-Pomegranate Smoothies	78	140	2g	0g	0g	0mg	40mg	28g	4g	21g	3g
Peach-Berry Smoothies	79	130	0g	0g	0g	0mg	60mg	26g	3g	23g	5g
Melon-Raspberry Smoothies	81	180	1.5g	0.5g	0g	5mg	60mg	37g	4g	30g	4g
Summer's Bounty Smoothies	82	240	2.5g	1.5g	0g	5mg	75mg	47g	3g	36g	7g
Raspberry-Peach Iced Tea Smoothies	85	140	2g	1g	0g	5mg	45mg	26g	5g	18g	4g
Cappuccino Smoothies	86	240	10g	6g	0g	40mg	120mg	32g	1g	26g	6g



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How to use our Nutrition Information

The key to healthy eating is a varied diet including many fruits, vegetables and grains. The detailed nutrition information in Pillsbury® Magazines can help you estimate the contribution of specific recipes to your overall menu plan. At the end of each recipe, we list the calories per serving as well as the amount of fat, cholesterol, sodium, carbohydrate, dietary fiber, sugar and protein.

Each recipe also lists Percent Daily Values (% DVs). The % DVs tell you how much the nutrients in one serving of food contribute to a 2000-calorie diet. For example, if the DV for total fat is 10%, this means one serving of this food contributes 10% of the total fat suggested for a person on 2000 calories per day.

Exchange information: We include exchange information for those who are managing their calorie intake with this nutritional "accounting" method. "Other Carbohydrates" are included for foods that contain added sugars. If you are following a medically prescribed diet, consult your physician or registered dietitian about this information.

Carbohydrate Choices: To help people who want to count carbohydrates, the number of carbohydrate choices per serving is included for each recipe. Many people with diabetes use carbohydrate counting as a way to manage their blood sugar levels. One carbohydrate choice is equivalent to 15 grams of carbohydrate.

Guidelines for calculating nutrition information

- The first ingredient is used wherever a choice is given (such as 1/3 cup sour cream or plain yogurt).
- The first ingredient amount is used wherever a range is given (such as 2 to 3 teaspoons).
- "If desired" ingredients are not included, whether mentioned in the ingredient list or in the recipe directions as a suggestion (such as sprinkle with brown sugar if desired).
- Only the amount of a marinade or frying oil that is absorbed during preparation is calculated.

TAILORING YOUR DAILY DIET

The chart below outlines some average daily nutritional needs for moderately active adults. Since your sex, age, size and activity level all affect dietary considerations, your requirements may deviate from those shown here.

WHAT YOU NEED DAILY	WOMEN 25-50	WOMEN OVER 50	MEN 25-50
Calories	2200	1900	2900
Total Fat	73g or less	63	97
Saturated Fat	24g or less	21	32
Cholesterol	300mg or less	300	300
Sodium	2400mg	2400	2400
Calcium	800mg	800	800
Iron	15mg	10	10

(Note: Although individual needs vary, a 2000-calorie diet is used as the reference diet on packaging because it approximates average daily requirements and provides a round number for easier calculating.)

Our experts behind the scenes:

Our team of professionals, including registered dietitians and home economists, is dedicated to delivering comprehensive nutrition information to make your job of planning nutritious menus for you and your family just a little easier. Current information from the USDA and food manufacturers' labels are used to provide up-to-date nutrient values.

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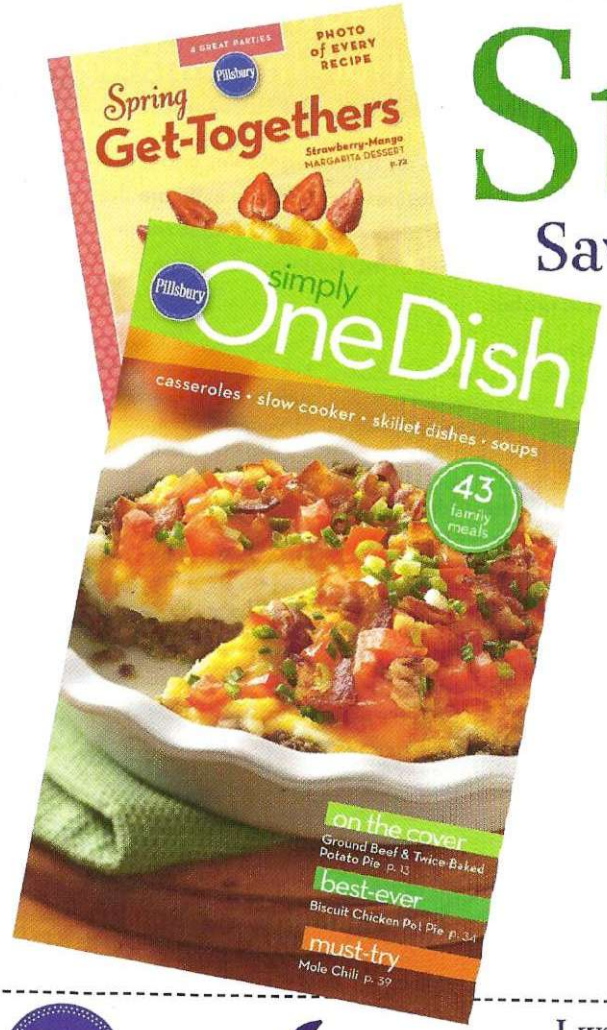

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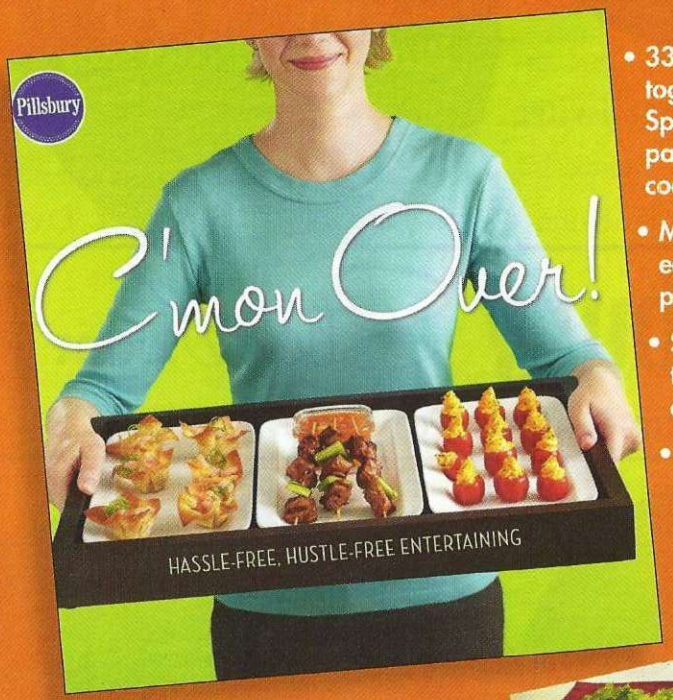

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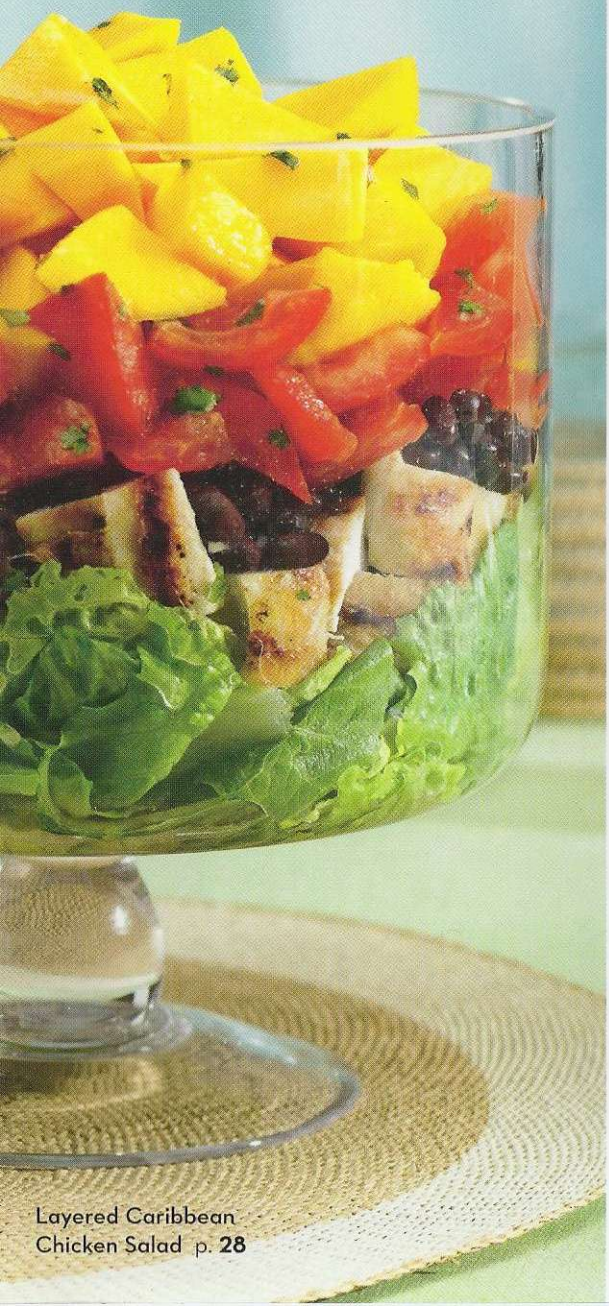

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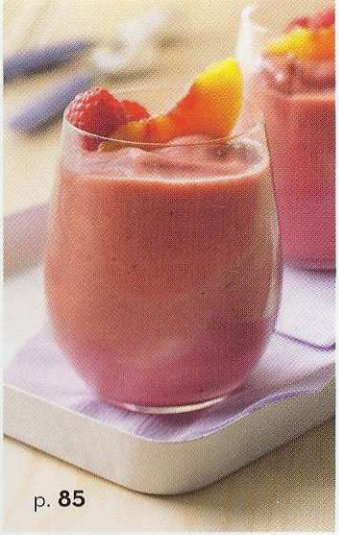

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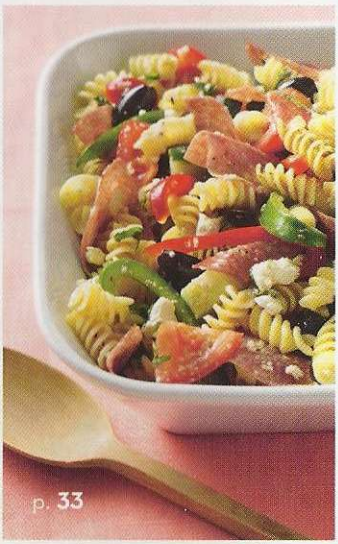

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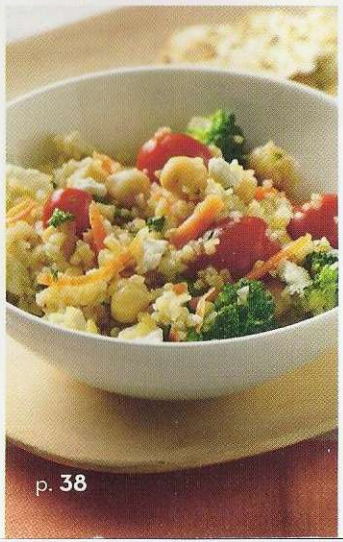

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